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IDEAL MARRIAGE

BEING

A Complete Solution to the Sex
Difficulties confronting a man
during his Younger Days
& Married Life.

BY

Prof. H. S. GAMBERS

AUTHOR OF

KAMASUTRA OF VATSYAYANA, ANANGA RANGA,
STUDIES IN THE SCIENCE OF SEX, SEX PROBLEMS
MENSTRUAL DISORDERS, FASTING FOR
HEALTH, MIRACLES OF MILK, MIRACLES
OF WATER, ETC ETC

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PREFACE

"No book has a right to exist which has not for its 'purpose the betterment of mankind by affording either useful information or healthful recreation'." It is for the readers to judge whether or no this book fulfils both of these purposes.

It is a sad commentary upon the intelligence of modern civilisation that not one in ten of all married people actually understand or follow the proper sex relations. To more than half of all married women the approaches of their husbands are repulsive. At least ninety per cent of all marital discords are the outcome of improper sex relations. Most of the female troubles are the result of malpractices and practically every case of nervousness and hysteria in married women is the direct result of the lack of sex gratification. And why?

Because the subject of the "Why and Wherefore of sex" is regarded by so many as something to be avoided as impure and "not respectable", because young people are not given clear and trustworthy guidance in the art of home building—home building as understood in its broader sense.

In order that a young man may bring health and happiness to the woman he weds he must know to a fair degree (1) the anatomy and physiology of the reproductive organs of the two sexes, (2) the evolution and purpose of sex, (3) the science of keeping himself physically fit for marital relations, (4) the nature of sexual impulse in women, (5) the art of courtship, (6) the technique of the marital act (7) the hygiene of marriage and, finally, (8) the way to procreate bright and healthy children. A glance at the chapter headings will show that this book imparts information on all these points. It thus teaches a man how to steer the barge of marriage towards its destination clear of rocks and shoals. In fact, the information contained in the pages of this book is the most essential information a man should have on sex matters. He may know more than is contained in this book, he must not know less.

It is my wish that this book be read by every man—married or unmarried, and I am taking specific measures to enable every English knowing person of India to read this book free of charge.

Excepting those who do not mind the cost to read the different subjects in detail, the readers of this book need not purchase my other books on sex, namely, *Control over Birth*, *Control over Sex*, *The Hidden Side of Sexual Science*, *How to Build up Virility*, *Self Pollution*, *Night Pollutions*, and *Prevention of Venereal Diseases*, as the essential part of every one of these books is contained in the present volume.

H S GAMBERS

CHAPTER VI The Evolution of Sex

The sex instinct and the ego instinct are ~~mighty driving~~ forces of existence. They complement each other in their function. They are the two primitive instincts which rule beasts and men alike. They rule by sheer compulsion. They are implacable in their rigour. They swing their whip over God's creatures, driving them to even greater efforts.

Sex urge, love and propagation—the three that make one, the trinity of life. They have brought Heaven to Earth and elevated Earth to Heaven. They make life worth while living. Is there anything more fascinating, more thrilling and more dramatic than the story of Sex and Evolution?

—J. Tenenbaum.

The story of sex evolution is a pretty long story. If narrated in detail it may tire your patience. Therefore listen to this dramatic story in a few words.

"Asexual" Reproduction—In the most primitive forms of life like the protozoa, bacteria and amoeba, there is no sex. Reproduction takes place asexually by fission or division.

The Unicellular being takes nutriment and grows. When it becomes too big and powerful to remain organised as a single cell, it splits into two new individuals, each a single cell. The rate of propagation is enormous, the process of maturing and division taking only a few hours.

Quality at the expense of Quantity—So far as mere quantity is concerned, the asexual form of reproduction is unique. Out of one cell, three hun-

dred and sixty billion cells develop in forty generations, and the time taken for this development is only a few days. But Nature is not content with *quantity* alone. She seeks *quality* as well, and works it out even at the expense of quantity. Sex appears on the stage of evolution-drama.

The female is the primary and original sex.— "Originally and normally all life centres about the female. The male, not necessary to the scheme of life, was developed under the operation of the principle of advantage, to secure *organic progress* through the crossing of strains." Instead of Eve's coming out of the rib of Adam, the male developed 'as a tiny appendage on the female's body generations after the female had been the race itself.

A pocket Husband or a mere Testicle.—The picture of the first male is grotesque to the extreme. Darwin discovered in acorn-shells that the female had in two valves of her shell two little pockets, in each of which she kept a little husband; while in the round worms and thread worms the male was discovered to be merely a testicle living on the female. O male! bend thy head low. In the great scheme of life, thou art but a tiny offshoot of the female.

Hermaphroditism.—In the early stages of 'sexual' development, propagation does not always imply copulation of two different beings. The same individual can function as a male or a female, or both as a male and female at the same time. The typical example is the earth-worm.

'Asexual' and 'Sexual' Reproduction at one and the same time—Peculiar and exceptional is

the case of the bee. In spring, the queen takes to her wings on a nuptial flight and is approached by the tramping drones. Impregnation occurs but all the eggs are not fertilized. The fertilized eggs produce females, while the unfertilized produce only males. Reverse is the case in a certain species of plant lice.

Fertilization without Copulation.—Aquatic animals, living as they are in a watery medium, do not have recourse to direct sexual contact for purpose of reproduction. In the spawning season, the male and the female repair to shallow water and swim side by side, brushing each other perforce. The male element is discharged into the water and finds its way to the eggs that remain in the body of the female; or the female may also discharge the ova in water, and the two elements may meet or perish without accomplishing their task. The same phenomenon holds among the frogs. The male no doubt covers the female as if in sexual embrace, but there is no union of the organs. The female drops down the ova, and the male drops the sperm over the previously-discharged ova.

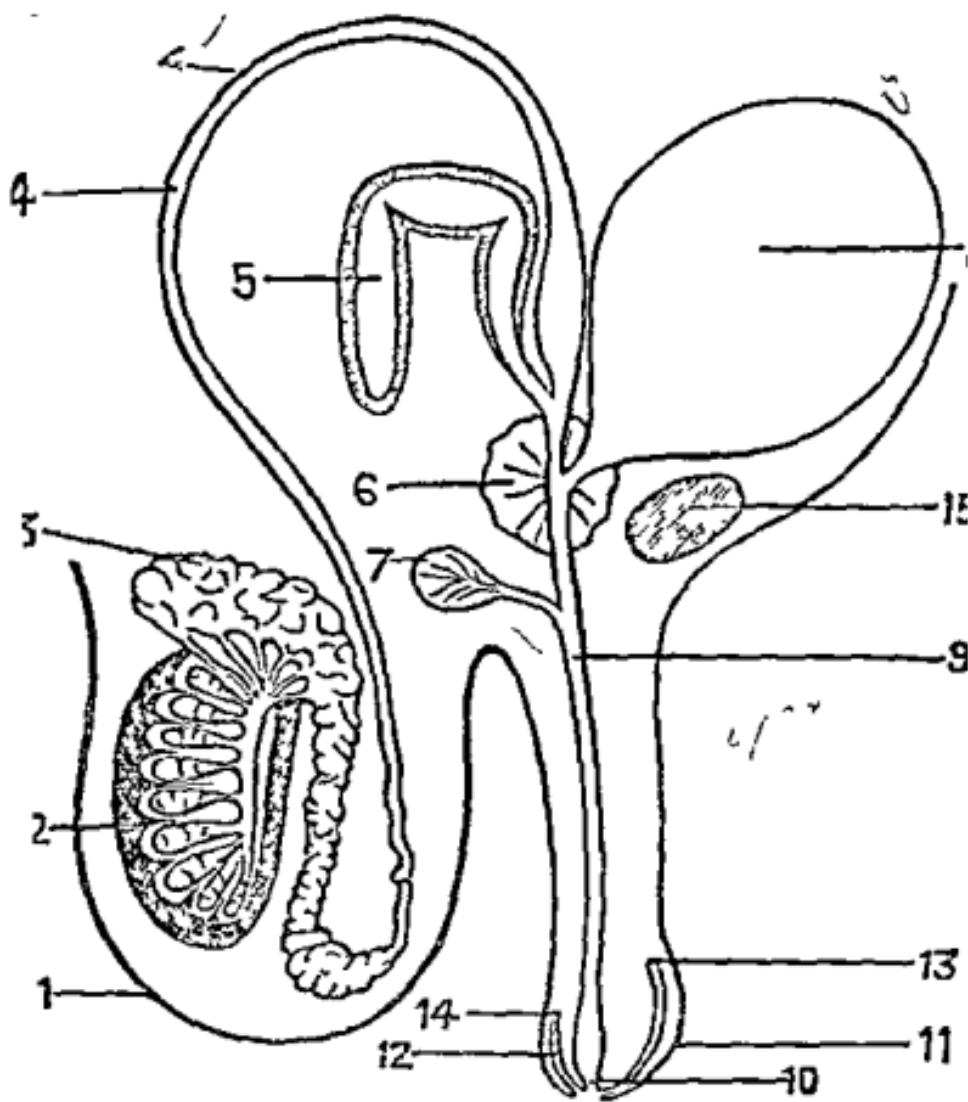
Female Superiority.—Even when the male sex is definitely established, female superiority prevails among the greater part of the invertebrates. It is most marked in the spider family. The stronger and bigger-sized female almost invariably seizes and devours the tiny male while he is fulfilling the duty he exists for.

From Cold-Blooded to Warm-Blooded.—In the course of evolution, we leave behind the cold-blooded animals and come to the warm-blooded

ones. The act of fertilizing is no more a *mere excretory function*. The semen must be deposited in such a way as to come in direct contact with the ovum without outside influence. The rate of reproduction is slow, therefore fertilization must be secure. Impregnation takes place as the result of mating.

In birds, the male deposits the sperm in the cloaca of the female from whence it travels to the ova. But the fertilized egg leaves the body in the course of time, and the embryo birdling is hatched outside the mother's body.

It is only when we land into the kingdom of the mammals, that we find the process of reproduction a specialised business. As Tenanbaum has put it, "The organization required for this biologic enterprise is much more perfected than anything known before. There are special organs for impregnation, for gestation and for lactation. The fertilized egg, instead of being discarded into the outer world as in birds and insects, is kept in an inner incubator (uterus) for a number of months until the fetus is fully developed. There the tiny embryo not only enjoys protection and a suitable temperature, but also receives nourishment from the mother's blood supply until such time when the offspring is ready to start life as a separate individual. But even then, the young one is not discarded, but is kept at the mother's side during the period of lactation, the mother providing nourishment, shelter and protection. This gave rise to the wonderful instinct of parental love, the



The Male Generative Organs

1. Scrotum
2. Testis.
3. Epididymis.
4. Vas Deferens.
5. Seminal Vesicle.
6. The Prostate Gland.
7. The Cowper's Gland.
8. Bladder
9. Urethra
10. Meatus.
11. Foreskin or Prepuce.
12. Glans Penis.
13. Corona.
14. Frenulum.
15. Pubis

CHAPTER II

The Organs of Generation in Man

The male organs of generation consist of the *penis* and a pair of *testicles*, the latter being enclosed in a loose, skin bag called the Scrotum.

The *penis* is a muscular organ which, whether in a relaxed or excited state, varies considerably in size, due not only to varying conditions of temperature, but also to individual and racial peculiarities * Thus the size may vary from two inches in length in the relaxed state, and from four inches to eight inches or longer in the erect condition But the point to note is that mere size of the male organ is not an index of virility in man

The entire mass of this organ consists of two sponge like bodies between and underneath which lies the urethra, a tube which leads from the urinary bladder to the end of the penis and whose function is to convey urine and semen to the exterior These structures are enveloped in loose connective tissue outside of which is the skin

At its free end the penis bears a small head—the *glans*, which is conical in shape and is covered by a transparent skin At the centre of the glans we find the opening of the urethral channel—the *meatus*.

The base of the glans, which is known as the *corona*, has a larger circumference than the penis

*For detailed description study the book *The Sex Organs in Man Woman and Hermaphrodites* by the same author

at any other point and bulges out considerably, at the point of junction like a circular swelling. The provision is very important for it prevents the organ from slipping out of the vagina too easily during the movements of coitus.

The skin that covers the penis ends in a loose fold in front, and this loose skin is termed the *prepuce* or *foreskin*. Its length is different in different persons and is sometimes a source of trouble as we shall see presently.

The corona is studded with glands which continuously produce foul smelling secretions resembling small grains of cheese and technically known as *smegma*. Boys should be instructed from an early age to cleanse frequently the base of their glans with water so as to remove all traces of smegma. If left to accumulate, smegma acts as an irritant, and may become the source of self-abuse in otherwise innocent boys.

Now a narrow or an unduly long prepuce may hinder the uncovering of the glans for the purpose of cleaning it. When this is the case, the superfluous portion of the foreskin should be removed by a simple operation known as *circumcision*.

Some writers and many medical practitioners recommend circumcision to all and sundry with great vehemence. My personal opinion is that if the foreskin can move over the glans in young boys in the relaxed state of the organ, and in young men in the excited state of the organ, there is no physiologic need for circumcision.

In its erect condition, the penis makes a right angle with the pubic region in young boys, and an

angle of from 40° to 50° with the pubic region in the case of grown-up boys and men.

A word about the mechanism of erection. Nearly everywhere else in our body we find two veins to one artery and we should expect this in the natural course of things, for blood flows very quickly in the arteries but very sluggishly in veins. But in the penis we find the arrangement reversed. There is only one vein to two arteries. Even a slight local or mental excitement causes a large volume of blood to rush into the sponge-like tissues of the penis, which swell up considerably, rendering the penis hard and turgid. Since the blood can move back but slowly, every erection must take some time to subside.

The testicles, or as they are called, the '*testes*' are normally two in number, and lie side by side—the left being slightly lower than the right except on rare occasions when it is drawn up for a temporary period, in a thick-walled bag or pouch called the *scrotum*.

The testicles originally develop in the foetus fairly high up in the abdominal cavity, but they migrate from their original place of development and move lower and lower, until, by the time of birth of the child, they have pierced through the muscle fibres of the abdominal wall and drop into the scrotum. Sometimes, the testes are retained in the abdomen when medical help is called for.

The size of the testicles, like the size of the penis, varies considerably in different individuals and people of different nationalities. On an average, each testicle of an adult is one and a half inch-

es long and one inch broad. Testes much below the average size, as well as testes that continually hang down loose in the scrotum, indicate a low degree of virility and vitality.

If you study the accompanying diagram, you will find that a testicle consists of several parts, each of which has got its special name. There is first the 'testis' itself, which forms a greater part of the testicle. It is made up of an enormous number of small tubules intricately coiled together. The function of these tubes is to manufacture *spermatozoa*.

All these semen producing tubes join eventually into a larger tube known as *Epididymis*.

The epididymis from being a convoluted or coiled up body, extends upwards in the shape of a more or less straight tube which runs up in the scrotum, and from there into the region at the back of the bladder. This more or less straight tube is called the "Vas deferens". When still in the scrotum it is accompanied by blood vessels and nerves, which together form a cord like structure known as the *spermatic cord*.

The vas deferens acts as the excretory duct of the testicle. It carries the sperms along with some other secretions upwards, and as there is one coming from each testicle, the two of them join together into the common ejaculatory duct, which in its turn ejects the fluid into the urethra from whence it finds its way outside.

Recent observations and researches have proved that the testicles, besides producing the life giving elements—spermatozoa, manufacture other

secretions which are passed internally into blood circulation These internal secretions, known as Hormones, are further supposed to consist of three different substances possessing distinctly different properties as follows —

- (1) an erogenous substance called libidogen which stimulates the sexual desire
- (2) a substance which imparts to the man secondary sexual characters—beard, male voice and male structure of the body
- (3) a substance which acts as an energizer and stimulant to the entire organism—body, brain and nervous system

There are three other glands whose secretions form a part of the seminal fluid in man and which are, therefore, of great importance in the process of reproduction These are the *seminal vesicles*, the *prostate* and the *Cowper's glands*

The *seminal vesicles* are two small pouches situated close behind the bladder and alongside each vas deferens into which they open

It was formerly supposed that the semen was secreted wholly by the testicles and that seminal vesicles were only the receptacles of semen, but the researches of Steinach and others have proved otherwise These investigators have demonstrated that

- (1) *The seminal vesicles, the prostate and the cowper's glands secrete their particular secretions individually and independently*
- (2) *That the semen is a mixture of three different secretions derived respectively from*

the testes, the seminal vesicles, and the prostate

- (3) *That the contribution of the testicles to semen mainly consists of sperms*
- (4) *That, while the seminal vesicles secrete their product incessantly, the other two glands secrete their contribution to the semen only during sexual excitement.*

The secretion of the seminal vesicles consists of a watery solution of albuminous substances and alkaline salts

The *prostate gland* is about one inch and a half broad in every direction, is situated near and between the seminal vesicles, also against the bladder, and is partly a gland secreting a fluid similar to that secreted by the seminal vesicles, and partly a muscular structure, which by its contraction exercises some expulsive force in helping to ejaculate the seminal fluid

The *cowper's glands* are a pair of small pea like glands situated near the opening of the common ejaculatory duct in the urethra

Under the influence of sexual excitement, before and during coitus, these glands secrete a clear mucous-like fluid whose object is to clear the urethral channel for the easy passage of the seminal fluid and to lubricate the glans for the easy union of the organs From six to twelve drops of this fluid may be secreted on each occasion according to the intensity of excitement

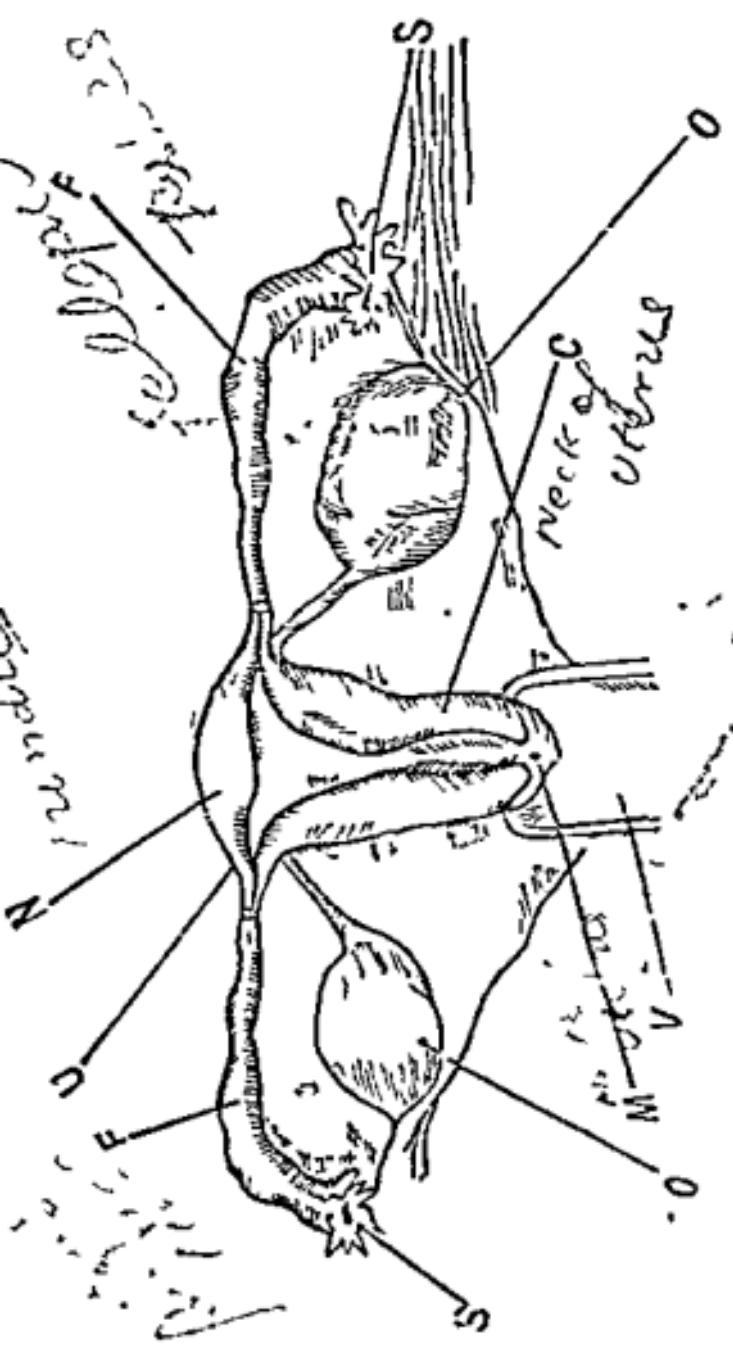
CHAPTER III

The Organs of Generation in Woman

The female organs of generation are divided into two classes, external and internal. The former include the parts visible without the use of instruments; the latter can only be seen by a more minute examination with or without the introduction of a tube-like instrument called a speculum.

The external organs which together are known by the name of "vulva" comprise the following.—

1. The *mons veneris*, or pad of fat in front, generally covered with hair.
2. The *labia majora*, or larger lips, two folds of skin which extend from the mons veneris almost to the anus or opening of the bowels
3. The *labia minora*, or smaller lips, two smaller folds of skin which lie inside of the labia majora.
4. The *clitoris*, an extremely sensitive gland, which is located between the upper extremities of the lips *i.e.* the upper part of the vulva. It corresponds, almost exactly, in make up and function, with the glans penis in the male.
5. The opening of the *urethra* through which urine passes from the bladder, it looks like a bit of puckered skin with a small hole at its centre, and lies about an inch below the clitoris



The Internal Genitals In a Woman

V, Virgin. M, Mouth of Uterus. C, Neck of Uterus. U, Uterus.
 N, Fundus. T,T, Fallopian Tubes. O,O, Ovaries. S,S, The open ends
 of the Fallopian tubes that catch the ova

6. The *vaginal opening* which is at the rear or lower part of the vulva and which leads directly into the vaginal canal.

The opening of the vagina in virgins is closed by the presence of a membrane called the "*hymen*" or maidenhead, which is ruptured at the first sexual intercourse, but this membrane does not occlude the vagina altogether. It has an opening either at its centre or near one of its edges, the object of which is to permit the escape of the menstrual fluid. Near the hymen and on each side of the entrance into the vagina are situated two glands similar to Cowper's glands described in connection with the male organs of generation: they are called *Bartholini's glands*.

We now come to the consideration of those parts of the female reproductive system which are reckoned as belonging to the internal organs. They comprise the vagina, the uterus or womb, the fallopian tubes and the ovaries.

The *vagina* is a tube or canal which leads from the vulva to the womb and is from four to six inches in depth. But it is capable of a lateral extension which will readily admit the entrance of the male organ when the two are brought together. It opens into and terminates in the uterine or womb cavity. Its walls are lined by a mucous membrane which normally secretes a thin mucous to keep the organ moist and clean.

The *uterus* or *womb* is a pear-shaped, hollow muscular body about three inches long and two inches broad at its widest part. It lies in the lower part of the abdomen with its stalk end downwards,

and is held in position by cords and muscles from above. This is the organ that houses and supplies nourishment to the impregnated ovum throughout the period of pregnancy. On account of the elasticity of its muscular walls, the womb is able to assume, during pregnancy, surprisingly large dimensions.

The fallopian tubes are a pair of tubes lying on either side of the uterus and connecting it, in a manner, with the ovaries. The function of these tubes is to convey the ova, shed by the ovaries, into the body of the uterus.

The *Ovaries* are the chief organs of reproduction in woman corresponding to the testicles in the male. Their function is to manufacture the ova or eggs which, when fertilised by the sperms from the male, lay the foundation of the future child. They are small bodies about one and a half inches long, resembling an almond in shape and situated on each side of, and above the womb, in the region of the upper groins.

CHAPTER IV

The Reproductive Act

The primary purpose of sex is human evolution through reproduction. In this respect, considered merely on its material side, mankind differs little from all other forms of animal life. Turn where we may, whether in the animal or the vegetable kingdom, we find everywhere the urge of procreation.

And the chief facts in reproduction are practically the same wherever the phenomena occur. Here, as everywhere else in the world, when a new life form appears it is always the result of the union of two forces, elements or germs. These two elements differ in nature and in function, and each is incomplete and worthless by itself. It is only by the combination of the two that any new result is obtained. These two elements come from different sources—one from the ovaries of the female and termed the ova, and the other from the testes of the man and called the spermatozoa.

As already stated, each healthy woman possesses, under normal conditions a pair of healthy ovaries located in the abdominal cavity on each side of the upper part of the womb. For the first few years of her life the ovaries in a girl are rudimentary in form and lie in a dormant state—but with the arrival of puberty they begin to grow rapidly. The first symptom of their growth is the appearance of hair on the pubic region of the

female Shortly afterwards there comes on the menstrual flow—an indication of the fact that the ovaries have begun to perform their function which consists of nothing else but the production of the ova The time of the appearance of this phenomenon in feminine life varies with climate from the age of ten years to fifteen or sixteen The average for Indian girls is twelve years of age The formation of ova, beginning at this age, continues, in most women, at regular intervals of twenty eight days, except during pregnancy and lactation, for a period of about thirty years During all this time, it is possible, under favourable conditions, for the ovum to become fertilized if it can meet the sperm of the male

The ova are produced in the ovaries where they develop from cells which originate in these glands. But the ova are no use to us in the ovaries unless they be carried into the uterus, and this valuable function is performed by the fallopian tubes.

After the ovum has reached the womb it remains there for about a fortnight after which, if it is not fertilized during that time, it passes out of the body But if, at any time after it is ripe for fertilization, that is, from the time it begins its journey from the ovaries to the womb, or while it is in the womb, the ovum is met with by the male sperm, it is greatly magnified liable to become fertilized

The sperms in the male originate in the testes. They are so small that they cannot be seen by the



Human ovum
greatly magnified

naked eye but are rendered visible by a microscope when they appear like thin worms with big heads. Each sperm is an individual entity and several thousands of them are produced and kept in readiness for use at each meeting of the male and female generative organs; and if one of the countless number comes in contact with the unfertilized ovum in the womb, conception is liable to result.

The male semen has two main constituents—the sperms and a mucous fluid which looks much like and is about the consistency of the white of an egg. It is a collection of the secretions of different glands named in the second chapter but a major portion of it comes from the prostate gland.

In order that this mingling of the male and female sources of life may be possible, there is, in sexual intercourse, firstly the union of the male and female generative organs and then their mutual movement that tends to heighten the excitement and consequently the nervous tension.

Now there are two glands in these organs, one in the male and the other in the female, which perform a wonderful function in this part of the sexual act. These are the glans penis in the male and the clitoris in the female. A brief description of them has already been given in the preceding chapters. These glands are covered with a most delicate



Spermatozoon
greatly magnified

skin and filled with highly sensitive nerves. As the act progresses, these glands become more and more sensitized and nervously surcharged, until, as a climax, they finally cause a sort of nervous explosion of the organs involved. This climax is called an orgasm.

On the part of the man, this orgasm, on account of the muscular contraction of the surrounding parts, causes the semen to be suddenly driven out of its place into the vaginal passage and sometimes the mouth of the womb opens wide and into it pours the semen entirely surrounding and flooding the ovum if it be in the womb.

With the myriads of spermatozoa swarming about it, if the vital part of the ovum comes in contact with some of them, the ovum gets impregnated.

Impregnation, however, does not always result in conception, for the uterus of some females is unable to retain the fecundated ovum in consequence of weakness, leucorrhœa and other genital disorders. Violent exertion may also cause such a contraction of the uterus as to occasion the expulsion of the ovum, hours and even days after its impregnation. If, however, the impregnated ovum becomes attached to the walls of the uterus the process of foetal development commences there and then. This attachment or fixation is known as conception. If nothing untoward happens, then after a period of 280 days, the uterus would expel, by its own contraction, a fully-developed babe.

CHAPTER V

The 'How', 'What' and 'Why' of Marriage

The more sensitive, the more romantic, and the more idealistic is the young person of either sex, the more his or her soul craves for some kindred soul with whom the whole being can unite

—*Stokes*

There is something about the Marriage Tie which preserves love. It draws people together, and gives them that feeling of being united in name and in interests that unmarried lovers can never experience

—*Guy de Maupassant*

With the approach of puberty, activity of the sexual glands creates in every male and female a strange and a powerful impulse—the impulse to merge, as it were, into the opposite sex, body, heart and soul, and by far the great majority of human beings do thus merge for a short or long period, and this very merging is known as *marriage*

Side by side with the evolution of sex there has occurred an evolution in marriage

In the lower and in some of the higher order of animals, the union of the male and female is temporary. It terminates immediately the procreative act is over.

But this simple phenomenon of 'union of male and female' steadily evolves. From 'a mere affair of sexual gratification' it becomes 'a union for life'; from 'a mere union of two physical bodies' it becomes 'a union of the heart and soul'

In some of the birds, for instance the dove and the sparrow, the male and the female work together to build their nest, and feed and bring up their offspring. Antelopes and reindeer, gorillas and chimpanzees, live in more or less distinct groups and pairs. The marriage impulse resolves into action.

It is only with the advent of man that marriage assumes more definite obligations.

The custom of 'group marriages' seems to have flourished in the time of the primitive man. Later on came polygamy and polyandry but these were gradually supplanted by monogamy, so that polygamy and monogamy existed side by side for untold number of years.

With the dawn of civilization, the marriage custom reached the last step in the development of marital association. The '*Marriage of To-day*' is a life-long union of one man with one woman, or at least it is intended to be so. It is as much a social as a personal contract in that it has the sanction and good will of the society. It is in fact a social and a moral obligation for the betterment and uplift of individuals and society. As Dr. Beale has expressed it :

"Marriage is immeasurably the most important event in most human lives, and society has marked its sense of that event's significance by surrounding it with the most elaborate safeguards and sanctions, for no community can lightly regard that which is so deeply bound up with its own well being. Society as well as religion proclaims the marriage estate honourable, because it is associated with responsibilities more diverse and grave than most who enter it can at all realize ; it is honourable because it offers a

unique field for the discharge of duty, for the exercise of unselfishness for the development of character, for the training of other lives in strength and beauty, it is honourable, above all, not merely by reason of its burden, but of its joys of mutual helpfulness, mutual respect, mutual unreserved confidence

Now what is this marriage in its true form? Is it the union of a boy of ten to a girl of eight, the union brought about by the parents to suit their convenience, or is it the union of a grown up boy and a grown up girl who have not so far seen the faces of each other because custom demands it, or is it the giving away of an innocent girl of fourteen to a widower of fifty, because those that are entrusted with the welfare of the girl find the groom rich, or is it the union of a passionate, inexperienced young man with a passionate, inexperienced young woman whose only intimacy consists of an exchange of glances at the street corner, or else is it the union of a weak willed, thoughtless man and a flirt who, for personal motives, has brought the man to her feet by her cunning coquetry? Far be it from us to label any of these disastrous actions as *marriage*, for they are bound to end in unhappiness, misery, ruin

We shall have to say more on this subject when discussing the question "How to choose a mate", and, at present, content ourselves by saying that "*marriage is an ever enduring union between two members of the opposite sex whose physical desires, mental tastes and moral pursuits are in perfect harmony with each other—*" or the union of two beings of the opposite sex who are

*'Two souls and one thought
Two hearts and one heart throb'*

or else "marriage is the fulfilment of that innate wish of the human soul—the wish that has been beautifully pictured by Edward Carpenter in the following

"That there should exist one other person in the world towards whom all openness of interchange should establish itself, from whom there should be no concealment whose body should be as dear to one in every part as one's own, with whom there should be no sense of Mine or Thine, in property or possession, into whose mind one's thoughts should naturally flow, as it were to know themselves and to receive a new illumination and between whom and oneself there should be a spontaneous rebound of sympathy in all the joys and sorrows and experiences of life such is, perhaps, one of the dearest wishes of the soul

This then is marriage, this the fragrant flower that blossoms on the lily plant of *love* and sheds its fragrance far and near O man! It is given to thee to lay the seed of this tender plant wherever thou likest. Take heed lest thou choosest a wrong soil for it. And even if the soil be good, the plant will not blossom unless it is constantly watered with devotion. But those that toil in right earnest in bringing up the plant are amply rewarded. For, in time, the blossom brings forth fruit, rich and sweet, and blessed indeed are they to whom it is given to taste this fruit, for they are few in number. This fruit confers health, long life, peace and plenty on those that partake it

And only a few steps away from this lily plant, in the lamp-lit street or town-corner, there grows another fruit bright to look at from a distance

And many a one who have not the skill and the patience to grow the lily plant is attracted by it, not only for its bright colour, but because it can be had for the mere plucking

But this fruit hath grown out of a filthy soil surcharged with dirt, and even in the act of plucking it emits a rancid odour. And woe is to them who taste it, for they are stricken with disease and pain

*Wake up, O man! thou hast slept too long
Distinguish between *marriage* and *liaison*, distinguish between *love* and *lust* The one brings peace to the mind, bliss to the soul, the other disease and torment. Wake to the realities of life, for it is never too late to mend

O reader! if thou art married, try to make thy marriage a success Take help of the knowledge imparted in the pages of this book, and taste the pleasures thou hast never tasted before

And if thou art still to marry, consider thyself fortunate that this book has fallen into thy hands in time Pick up wisdom from its pages, and let 'ideal marriage' be thy ideal in life, and let this ideal ever prompt thee to superhuman efforts in order to enable thee to reach thy ideal the sooner

CHAPTER VI

Am I fit for Marriage?

On the approach of his marriage, the question will certainly arise in the mind of the conscientious young man "Am I sexually healthy ? Am I pre-eminently fit for the physical duties which will devolve upon me as a husband ?" Since this is a very pertinent question in connection with the subject of marriage, it rightly deserves an elaborate answer.

The very first thing for the young man to see is that he is in possession of vigorous bodily health. He should realise that he is entering upon a sort of permanent contract according to which he will have to provide a decent home and all worldly comforts to his partner and to another being who may possibly arrive within the course of a year. Only when the young man feels confident that he can well hold his own in the struggle for existence, by virtue of his physical and mental qualities—only then he should think of entering into the bonds of marriage and not otherwise.

Next comes the question of sexual efficiency, and this is at least as important, if not more, as the previous requirement, for, to the great majority of women, the sexual efficiency of the husband is of more concern than their wage-earning efficiency.

The young man should see that, in their make-up and function, his sex organs conform to the description given in the second chapter of this book. If there is a slight difference in the size of one or

the other organ, it is quite immaterial, for in no other respect are men at a greater variance with each other than in the size of their genital apparatus. The chief point for the young man to note is that he does not suffer from any of the malformations given below:

- (1) *Phimosis*—An unduly long and narrow prepuce which would not pass over the glans to leave the latter uncovered.
- (2) *Paraphimosis*—A narrow prepuce which, having been pushed back behind the corona, now does not pass over the corona to cover the glans, and strangles the male organ.
- (3) *Epispadias*—Situation of the meatus somewhere on the upper surface of the glans instead of its being at the centre and in front, as it normally is.
- (4) *Hypospadias*—Situation of the meatus somewhere on the lower surface of the glans.
- (5) *Preputial Calculi*—Collection of little stones in the foreskin which cause considerable pain to the man in the act of coitus.
- (6) *Induration of the Penis*—Presence of hard lumps or patches in the fibrous tissue of the penis which cause considerable distortion of the penis on erection, and may render the man unfit for marital relations.
- (7) *Adhesion*—Sticking of the prepuce and glans penis together, thus rendering the act of coitus extremely painful or absolutely impossible.

(8) *Extreme Curvature*—An excessive bend in the male organ which is either the result of injury, or of chronic gonorrhœa, or of the presence of hard lumps, or else the outcome of long continued and excessive masturbation

If the man is free, as most probably he will be, from the physical abnormalities mentioned above, the two things left for him to see are that he is in possession of a fair amount of erectile power and a fair amount of retentive power

As to the first requirement, it should be borne in mind that Nature has endowed the human female with a membrane—the hymen, which is not present in animals. What is the purpose of Nature in placing this obstruction in the way of impregnation when ‘increase and multiply’ is the rule everywhere? The great sex scholar Havelock Ellis answers the question thus

“The hymen owes its development to the fact that its influence is on the side of effective fertilization. The hymen is an obstacle to the impregnation of the young female by immature, aged, or feeble males. It is thus an anatomical expression of that admiration of force which marks the female in her choice of mate.

In other words it means that vigorous virility is needed to consummate marriage. The young man should therefore see that he is visited at suitable times by strong, powerful and throbbing erections and his whole body pulsates with effervescent vigour on such occasions, that his virile member is sufficiently rigid when the blood visits that organ, and that his erections subside gradually and *not abruptly*.

As to the second requirement, it will be possible for the young man to make an exact estimate of his retentive power only when he has been married for some time and the sexual function has run a normal course, but this much can be said with safety that, if the young man has not abused himself excessively, does not suffer from pathological pollutions, and does not get a discharge on the slightest excitement, he has no cause for trepidation as to his fitness for marriage so far as retentive power is concerned.

I have given the four chief requirements the fulfilment of which certifies a young man's fitness for marriage, but as things are to-day, it is not too much to say that these are very rarely to be met with in their full measure in an average youth. The trouble with the grown up boy of to day is that he has masturbated to a more or less extent in his early days of puberty, has similarly suffered from night discharges to a certain degree, has been the victim of other evil habits that debilitate the body and lower virility, or, at its worst, has led a fast life and, God forbid, has suffered, or thinks he has suffered, from venereal diseases "Having done what I have done, should I marry or not?" asks such a youth.

As the four factors involved in this question are of considerable importance in the discussion of our subject, and as they very largely enter into the life of every young man, I have considered it fit to devote in the following a separate chapter to each one of them.

CHAPTER VII

Masturbation

By masturbation we mean any kind of unnatural act to induce an orgasm except coitus with a member of the opposite sex. Usually the hand or some object is employed to elicit ejaculation, but there is one form of masturbation—the most injurious and debilitating kind, in which no kind of friction is used. This is known as the mental or psychic masturbation.

The victim of this form of masturbation induces an ejaculation by concentrating his or her imagination on nude bodies of the opposite sex scenes of intercourse, etc. The dangers of this form of pollution can easily be imagined, for in order to elicit ejaculation without material excitation of the organs, the sex centres must be excited to their utmost, and this causes a deep injury to them.

Prevalence—Berger asserted that “out of one hundred men ninety nine have masturbated at one time or another and the one hundredth, the pure man, is a liar, but this is rather an extreme view of the matter. One does come across—at least I have come across—men who have never masturbated in their life but the number of such men is extremely small. Five percent is a fair estimate.”

Masturbation is fairly common among females though not to the same degree as in males. Fifty per cent is the likely number.

Age—Although masturbation is usually commenced at the approach of puberty and continued up to the marriage time, yet no age is exempt from this vice. Children under one year of age, married men and women, and old men of seventy have been found to masturbate.

Frequency—The frequency with which masturbation is practised varies considerably with different individuals. It may be as high as a number of times daily or as low as only once or twice a month. It all depends upon the degree of passion inherited. It also depends upon whether the man is ignorant of the evil consequences of the habit or fully aware of them.

Causes—The causes of masturbation may briefly be summed up as follows :—

- (1) Appearance of the sex instinct at puberty.
- (2) Initiation into the habit by play-fellows and servants.
- (3) Local irritation.
- (4) Obscene pictures, cinemas and pornographic literature.
- (5) Habitual use of over-rich and exciting food.
- (6) Sedentary habits and want of healthy occupation.

Consequences—It is now an indisputable fact that the evil effects of masturbation were terribly and stupidly exaggerated by the early writers. Even at the present day, the quack and the preacher invariably speak of the evils of masturbation in fancifully exaggerated terms. By this I do not mean to belittle the evil consequences of self-abuse, but

what I want to bring home to the reader is that the alarmist view is not only undesirable but that the exaggerated statements of some writers work more harm on the patient than the trouble itself.

There is no end to the list of diseases that have been laid at the door of masturbation by all quacks and some of the medical men. That some of these disorders do occur in connection with masturbation is unquestionable, but many a time they are the results of masturbation acting on an imperfectly healthy organism. At any rate, it is always wise to speak of all such cases with great caution, for there appears to be little reliable evidence to show that a moderate amount of masturbation can produce, in a well born and healthy individual, any great evil results. It is the constant dread, remorse, feelings of shame and compunctions of conscience attendant on masturbation, that work more havoc than the actual practice.

From a physiological point of view, the injury that results from this particular evil is influenced to a very large extent by three factors first and foremost, the age at which the practice is commenced, second, the general build and condition of vitality of the masturbator, and third, the frequency with which masturbation is practised.

To begin with the first factor, if this sexual evil is commenced at the early years of puberty (and unfortunately it is sometimes begun at this age), when the body urgently needs all its secretions for its proper growth, and if, added to this, it is practised immoderately because it affords a pleasurable sensation, the consequences are almost serious

enough to justify the horrible pen pictures painted by some of the sensational writers. If begun at an adult age, when the secretions are plentiful and rather superfluous, it does not produce very serious results.

As regards the second factor, the effects of this habit will be more serious on those of a high strung, nervous, heaty temperament, with a slender body, who also experience a greater temptation towards it, than on those of a phlegmatic temperament with a well built and muscular body, who are usually protected by a superior vitality and who feel less inclination towards this form of indulgence. The food and general mode of living also modify the effects of the habit.

The third factor is no less important than the first two. There are on record numerous cases of young boys who, being entirely ignorant of its evil consequences, committed self abuse a number of times daily and completely wrecked themselves in a few weeks. On the other hand, we know that thousands of grown up men habitually practise it in moderation without ever coming to any wrong. How far masturbation in moderately healthy persons living without normal sexual relationship is normal and can be indulged with impunity, is a question only to be decided with reference to individual cases.

To come to the pathological side of the question, there is no medical evidence to show that masturbation is the direct cause of such serious diseases as tuberculosis, asthma, epilepsy and insanity, but it may be an indirect cause of all

such troubles by way of its lowering the resistin power of the body against disease. The mos common troubles due to masturbation are a genera lowering of the nervous and physical tone, irritabi lity, prematurity, giddiness, lassitude, headache and lack of the power of concentration. On account of its rough and unnatural friction, the male organ may become somewhat deformed. In persons who have indulged in the habit rather excessively, the organ is found to be curved, bent to one side and reduced in size; but the amount and nature of deformity largely depend upon the way in which masturbation is usually practised.

Masturbation and Impotence—Whether mastur bation in any form leads to impotence is a question to which no definite answer can be given. It all depends upon circumstances, and, in a very large measure, upon the nature and temperament of the masturbator. Almost every one of us has been a masturbator to a more or less extent, and yet every one of us is not impotent; at least a large majority of us are carrying on the marital duties successfully. And yet there are some in whom impotence has supervened apparently as the result of masturbation. There are others who have never masturbated and in whom excessive repression of the sexual instinct has been the cause of impotence. In his book "Sexual Impotence," Dr. Robinson illustrates this point in a masterly way by quoting three cases from his practice. As this is the most remarkable and most instructive document on the subject I have so far come across in the course of my studies, I am tempted to give it below at full length:

"Here are cases of three young men, all of them in their middle twenties. We shall call them A, B and C.

"CASE I. Mr. A is twenty-six years old. He is fortunate in having well-informed, non-puritanical parents, who believed that children should be taken in time and enlightened on certain important sex matters. Before A reached puberty, he was taken aside by his father who told him all about the perils of masturbation. He did not characterize the habit as a crime or a sin, but as a very dangerous, debilitating habit, fraught with terrible consequences. The boy admired his father so much and had such confidence in his statements, and the talk made such a lasting impression on his impressionable brain, that he not only never masturbated, but he got a sort of aversion against touching his genitals with his hand. Not once in his life did he masturbate. And not only did he abstain from manual or instrumental masturbation, but he refrained stoutly from mental or psychic masturbation, the dangers of which were also explained to him by his father. He had a terrific struggle. From the age of sixteen on he had strong erections, particularly at night and the temptation to masturbate was terrific. It seemed to him that he would be the happiest mortal; if he could relieve himself manually and cause detumescence. But he was a young man of remarkable will power, and he would not break the word of honor which he had given to his father and to himself, never to masturbate. He would lie awake for hours, tortured with desire, and still he would not yield. Sometimes he would go down, stand barefoot on the cold floor, or dip the penis in cold water, which would generally cause the erection to subside; or he would get up, dress and go out for a brisk walk, for an hour or two. After the age of twenty one or twenty two, the erections would not be quite so violent or frequent, because he would have frequent pollutions. As the pollutions increased in frequency, the erections diminished both in frequency and in force. The desire to masturbate was also not quite so overwhelming.

"At the age of twenty-five he married—happy in the consciousness that he went to the marriage bed as pure and chaste as his bride. Pure and chaste not only as far as sexual rela-

tions were concerned, but even in relation to any sort of dalliance, and to the practically universal habit, masturbation. His happiness was somewhat dampered by the fact that he found himself unable to consummate the act of marriage. A flaccid erection and an almost immediate ejaculation. It did not worry him however overmuch, because he had read a number of sex books, and he knew that on account of the unwanted excitement young husbands sometimes found themselves impotent on the first, the wedding night. But it began to worry him a good deal when repeated attempts resulted in failure. And with each attempt the failure was more pronounced, because the element of fear of failure was superadded.

"When he presented himself for treatment, we had to deal with a pronounced, unequivocal case of sexual impotence. And he was of course very much surprised when I told him that it would have been much better for himself and for his wife, if his father had not been quite so well informed and so enlightened. So many people know so many things that are not so. In this case after a careful study of all the details entering into it, details that cannot all be reproduced in a case report, I have no hesitation in saying that the impotence is due to the non masturbation. There is no doubt whatever in my mind, that if pure Mr. A had not been quite so pure, had not possessed quite so strong a will power, but had indulged occasionally in masturbation when the libido and the erection were overpowering, he would not have become impotent.

"I am not reporting this case because I am an advocate of masturbation. I am far from the attitude of Stekel, who considers masturbation almost a physical panacea and a moral duty, but there is no question whatever, that where normal sexual indulgence is impossible, the occasional indulgence in auto-eroticism is preferable to the continual struggle. It is the lesser of two evils. A constant severe struggle against masturbation may not only result in impotence, but also in very severe neurasthenia, and this is even more frequent than impotence.

"Our purity lecturers who are so lavish with sexual advice to the young, well meaning and sincere though they are, are responsible for a not inconsiderable amount of damage.

"And it is also well to bear in mind that the sudden, complete, final giving up of masturbation, in the absence of normal sexual relations, is also liable to have very injurious, not to say disastrous, results. Of such cases I have had very many. A young man has been masturbating moderately, say once in two weeks, or once a week. He experienced no trouble from it. Suddenly he reads a book or listens to a lecture depicting the alleged terrible results of masturbation in the most violent colors. The young fellow gets frightened, takes an oath never to do it again, and instead of feeling better as he hoped he would, he feels very much worse, and the desire to masturbate is much more intense than before, because we never hanker after a thing as much as we do when we know that we cannot get it or must not have it. For this reason, I not only never order my patients to give up their masturbation completely, but I forbid them to do so. I simply tell them to cut down the frequency of the indulgences. The knowledge that they can masturbate when they want to makes it much easier for them to abstain. Such is human nature. It is the same with tobacco. When I see a patient of mine is indulging to excess in smoking, I never order him (except in syphilitic sore throat) to give up smoking entirely. First, I know, that he will probably not follow my injunction, and second, I also know, that if I tell him merely to cut down the number of cigars or cigarettes, he will quite likely obey, because obedience will not come so hard. Always remember to take human nature into consideration.

"CASE II Mr B is twenty eight years old. He began to masturbate as far as he can remember when he was between 13 and 14 years of age. For about six months he masturbated pretty viciously, at first several times a day, then daily, then three or four times a week. Gradually he reduced his number of indulgences to once or at most twice a week. And he kept it up to the age of twenty five. At that time he attempted intercourse for the first time and he was rather unsuccessful, he made no other attempt for about six months, continuing his masturbation regularly. A second attempt also resulted in partial failure. So he made no further attempts, but satisfied himself with his auto erotic activity. Now he

finds himself completely impotent. There is a feeble erection followed by an immediate ejaculation and flabbiness.

"Here we have a case of masturbation of about fourteen years duration followed by impotence. Was the impotence the result of masturbation? Maybe, and maybe not. In such cases we must guard against the common fallacy of *post hoc propter hoc**. It was *post hoc*, that we know, but we have no right to assert that it was *propter hoc*, because we have too many cases of masturbation, and even excessive masturbation, which are not followed by sexual impotence.

"CASE III Mr C is twenty-eight years old. He began to masturbate when he was about twelve, perhaps earlier. From that age to the age of about eighteen he seldom let a day pass without masturbating. On holidays, at home, when he would partake of an extra large amount of food, he would masturbate two, three, or four times during the day. Between eighteen and twenty he masturbated on the average twice a week. At the age of twenty he began to have sexual relations and for six months he indulged daily, then there was an interval of several months, when he could have no sexual relations, he then masturbated as usual. After that he had alternating periods of excessive sexual indulgence and moderate masturbation. If the periods of abstinence would become too long, he would again masturbate.

"The point is that in spite of his excessive masturbation his potency was not affected in the least. Nor did his excessive indulgences in coitus, which were at times extraordinary, amounting to saturnalian debauches, seem to exert the slightest effect. He never seemed to be tired, and he was always counted among the best students.

"Here we have three cases, illustrating the relationship of masturbation and impotence. The first is a case of absolute non masturbation followed by, and, in my opinion, causing impotence. The second is a case of masturbation followed by impotence, whether the impotence was caused by it or not we cannot say with positiveness. For we have cases of impotence in non masturbating men, and on the other hand we have thousands of cases of excessive masturbation not followed by

* Because it is a sequence therefore it must be a consequence.

- the evil habit even without any deliberate intention
- (2) The bed of the child should be hard and the covering light. Soft and feathery beds coax a boy into rubbing his genitals against them
 - (3) The child should sleep with the arms *on* the cover and not *under* it
 - (4) The child should neither be permitted to loll in bed nor to keep lying in bed on waking up in the morning
 - (5) Boys' trousers should be made without pockets.
 - (6) Children should be given plenty of hard work and abundant outdoor exercise
 - (7) The food of the child should be plain and unexciting
 - (8) Any tendency towards constipation should be checked
 - (9) Children's genitals should be cleaned with cold water as often as necessary
 - (10) If the hand of the child very frequently travels towards the genital region, show the child to a medical man to ascertain the cause of irritation
 - (11) Smoking, reading immoral books or attending cinemas and theatres should be strictly checked
 - (12) Cold baths, cold sitz or hip bath, cold applications to the spine, swimming, rowing, walking bare foot on wet grass, and participation in active games are all helpful in reducing the tendency of the child to masturbate

CHAPTER VIII

Involuntary Emissions

We have seen in a previous chapter that, whereas the testicles, the prostate and the Cowper's glands produce their secretions only under the stress of sexual excitement, the seminal vesicles produce them continuously without any special relation to sexual excitement. This much is however correct that the secretions are produced quickly and in greater abundance under the stress of excitement than otherwise.

It follows, therefore, that, sooner or later, in accordance with the presence or absence of sexual excitement, the seminal vesicles must become filled and distended like little bladders. Now these pouches are connected to the *erection and emission centres* of the spinal cord by means of a set of sensory nerves. The function of the sensory nerves is to carry to the spinal cord messages indicating the condition of the organ or the presence and character of any local stimulus. Whenever pressure falls on the walls of the vesicles, inwardly from the accumulated secretions, or outwardly from overdistended rectum or bladder—or when two or more of these influences are acting at the same time, particularly when the man is asleep and lying upon his back—then, the result of this stimulus is to cause an erection in the male organ, usually accompanied by an erotic dream, and, with the help of the motor nerves, produce a spasmodic contraction of the walls of the

vesicles The result is evident. The contents of the vesicles are driven out with some force, followed, of course, by a relief of the pressure which acted as the stimulus This phenomenon is termed a "*night-pollution*," "*involuntary emission*" or a "*wet dream*".

When we consider that the seminal vesicles pour out their secretion incessantly and there is no mechanism for its reabsorption into the human system, it is easy to see that the periodic evacuation of seminal vesicles is a physiologic necessity. In view of this very fact, most of the medical authorities, prominent among whom is Vecki, the sex-specialist of Vienna, hold that, provided it occurs at long intervals, *the involuntary emission is a normal physiologic phenomenon* the object of which is to relieve man of the distress that greatly-distended seminal vesicles cause him.

According to Vecki, the involuntary emissions that fulfil the following conditions are to be considered physiologic —

- 1 They must occur at night and during sleep
- 2 They must be preceded and accompanied by a strong erection of the male organ
- 3 An erotic dream must precede the ejaculation
- 4 At the time of ejaculation, the man ought to experience a voluptuous sensation similar to that experienced in normal sexual intercourse
- 5 The man should wake up from his sleep during ejaculation or immediately after it.
- 6 The pollutions must not occur at too frequent intervals, the extreme limit be-

ing once a week. (In counting the number of pollutions one must not go by the number in any particular week, but by the average of several weeks)

7. The final, and at the same time, the most important condition is that the person having these pollutions should experience no debilitating or depressing effect on the following morning. On the other hand, he should awake refreshed in mind and body, welcoming the relief he has obtained in a natural way.

In other words, pollutions which have the characteristics of normal sexual intercourse are to be regarded as physiologic, but when they begin to deviate from the conditions given above they should be considered pathologic and must be treated without delay.

Pollutions that occur too frequently (a number of times a week) or during working hours, pollutions that are unaccompanied by erotic dreams, pleasurable sensation or strong erections of the male organ, pollutions that do not awaken the patient, and finally, pollutions that leave the patient tired, rundown and depressed on the following day, should be considered pathologic.

The sufferer of night pollutions should always try to keep them within a fixed limit as regards their frequency since they are very apt to pass imperceptibly from the physiologic into pathologic, and the chief danger of the latter is the *pollution habit*.

Diurnal Pollutions—Involuntary emissions of semen during waking hours are known as diurnal

pollutions. These pollutions are always pathologic since they signify a weakened condition of nerve centres. Straining at stools, vibrations of a railway train, bicycle or horse back riding, mere touch of the opposite sex or reading of any pornographic literature may cause a diurnal pollution. If these pollutions continue occurring for some length of time, they invariably lead the patient on to impotency.

Pollutions into the Bladder—A peculiar form of pollution is one in which the seminal fluid, instead of being ejected to the exterior as it normally should be, passes back into the bladder. A patient of this form of pollution wakes up in the morning tired and depressed, even remembering he had had a lascivious dream and an emission, but the cloth reveals no material sign of the pollution having occurred. But if the first morning urine of such a patient is examined, it will be found full of semen. Most often these pollutions are due to an atonic condition of the generative organs and call for immediate medical attention.

Causes of pollutions—The primary cause of night pollutions is non gratification of the sexual impulse in a normal way in adult males, but there are certain factors which increase their intensity and these are—

- (1) masturbation which puts the different glands into an atonic condition, and whatever is true of masturbation is true of excessive intercourse
- (2) An over filled stomach, a distended colon, a full rectum or a full bladder, any one

or all of which will press upon the seminal vesicles, causing their contents to flow out

- (3) A long prepuce with accumulated smegma or other similar conditions which produce an irritation or inflammation of the genital organs
- (4) Physical or mental over exertion, which leaves the patient so tired that the natural controls during sleeping hours go off their guard
- (5) Frequent sexual excitement which causes the prostatic gland and seminal vesicles to secrete their fluids overabundantly
- (6) Habitual use of very rich and exciting food

Treatment of Night Pollutions—The treatment of night pollutions should be conducted on natural lines as depicted in the twelfth chapter of this book. Help may also be taken of some of the herbs and their preparations described in the last chapter. The mechanical treatment of nocturnal emissions consists in the patient's wearing a specially designed metallic ring on the male organ during his sleeping hours, but this is only helpful so long as pollutions are preceded by a full erection. It should be used only when the patient finds that he is drifting into the pollution habit.

CHAPTER IX

Venereal diseases and their prevention

Venereal infection is the most horrible of all poisons because it is a *living poison*—a poison which creeps insidiously from husband to wife, from mother to child, from one generation to another. The sufferings of the victim are untold, sterility and impotence being only two minor symptoms of the venereal diseases.

Venereal diseases being primarily the result of illicit intercourse, the safest plan to avoid them is to remain faithful to the marital couch.

The venereal diseases are three in number—Syphilis or Hard Chancre, soft Chancre, Gonorrhœa.

Syphilis or Hard Chancre is a specific disease caused by a virus called *Spirochaeta Pallide*. The disease may be acquired or inherited. In the former case the disease is usually the result of *direct contagion*—sexual intercourse and other bodily contacts with a diseased person; and in a small percentage of cases, of *indirect contagion*—contact with objects that have previously been contaminated with the virus of the diseases. Accepting a tobacco pipe from the diseased person is a good example of *indirect contagion*. And so my advice to the reader is: Keep in the company of the clean lest you may fall an innocent victim to the foul disease.

Symptoms and Stages—From ten to forty six but generally twenty four days from the entry of germs into the body, there appears on the affected part—usually on the glans penis or under the fore skin or just on the opening of the urinary passage, a small red pimple

It goes on increasing slowly and within a week becomes a watery vesicle with inflamed base. The vesicle bursts and leaves a sore with a *hard margin, elevated edges, and depressed centre*. This is known as a *hard chancre*. The sore is painless, with no watery discharge from it. A week after the appearance of the sore on the penis, the lymphatic glands swell up. They are hard with no pus or pain. This is the primary stage of syphilis.

The second stage begins about six weeks or more later, when the patient feels restless, dispirited, and weak in body. He suffers from rheumatic pains, particularly in the shin bones and the region of ankles. Scaly eruptions of a light brown colour appear on the body and there is acute sore throat with ulcers on the tongue or mouth. The mucous membrane of the nasal passages also gets affected and there is foul discharge from the nose. Eye troubles may also set in. All these symptoms are due to the dissemination of the venereal infection in the blood.

The third and the final stage is reached when the poison gets diffused in the entire system. There is inflammation of different glands of the body with severe pains in the bones.

Soft Chancre is caused by a specific germ that has nothing to do with syphilis or gonorrhœa.

It never poisons the blood but simply manifests itself in a sore generally on the genital parts of both the male and the female.

Within a day or two of infection a few eruptions, accompanied by severe itching, appear on the infected part. Three days afterwards they turn to watery vesicles which burst and form an ulcer soft to press. There is copious watery discharge from it attended with pain. Lymphatic glands swell up and, in this case, they too burst up and form sores. The ulcer lasts for from three to eight weeks and gets healed up, under normal circumstances, by the use of simple antiseptic lotions—black lotion or Carbolic oil, and ordinary dressing.

Nine people out of ten cannot distinguish soft chancre from the hard variety. If they first suffer from soft chancre, naturally the sore heals up within a week or two with ordinary dressing and use of antiseptics. This makes them think that syphilis is a simple ailment and they need not be much afraid of it. If, afterwards, they get an attack of syphilis proper, they simply look to external treatment of the local sore. As a result of this the disease goes on progressing imperceptibly, when, all of a sudden, primary symptoms change to secondary ones. Therefore, if you ever expose yourself to infection and afterwards find an eruption on the genital organ, determine at once the kind of sore you are suffering from and take the proper treatment quickly.

Gonorrhœa is an inflammation of the mucous membrane caused by a specific virus called *Gonococcus*. It spreads through direct or indirect con-

tagion in much the same way as syphilis, but is generally acquired by direct infection through intercourse with a diseased person. There are three stages—acute, subacute and chronic.

From third to the seventh day after infection, the first symptoms of gonorrhœa appear with itching, redness and swelling of the opening of the urinary passage accompanied by a thin and scanty discharge of a white colour. The patient feels pain when passing urine. In two to three days more, there is swelling of the private parts accompanied by a copious discharge of yellowish green and sometimes bloody matter.

The lymphatic glands swell up and there is aching in the loins, thighs and the testicles. Erections of the penis are painful and there is acute pain in passing urine. These are some of the symptoms of the *acute stage*.

The sub-acute stage is characterised by a variable amount of watery discharge and micturition is not attended by much discomfort. This stage is often accompanied by eye troubles and pains in the joints.

The chronic stage (or gleet) is characterised by passing a thread of clear discharge (resembling mucilage) in the morning. If unchecked, gleet may finally result in stricture—a terrible ailment indeed. The urethral channel becomes narrower and narrower until the patient is unable to urinate without the introduction of a catheter.

More often than not, the testicles and their accessories become involved in gonorrhœa. There is either the inflammation of the testicles themselves or the vessels that conduct spermatozoa from the

testes to the seminal vesicles become blocked up As a result of this the man becomes totally sterile for the rest of his life

Gonorrhœa should be differentiated from ordinary urethritis which is caused by having intercourse with a woman who is in her menses, or is suffering from a severe form of leucorrhœa

Prevention of Venereal Diseases

It is the moral duty of every citizen to combat the foul venereal diseases by every possible means, for not only do they operate with disastrous effects upon the birth rate of a country by producing miscarriages, stillbirths, infantile mortality and diseased offspring, but upon the working efficiency of a whole nation. Parents and teachers would do well to give a warning to the young boys and girls of the dangers of exposing themselves to the infection of these diseases. Salvation can only result when the truth is told in all its nakedness.

There are certain prophylactics whose timely use affords adequate protection against venereal infection. That a knowledge of these prophylactics should be spread among those who are likely to expose themselves to venereal plague has been considered advisable. Quite recently a committee of inquiry on venereal diseases, consisting of eminent medical men of the Continent, published a report of their findings, and the following extracts from the said report not only refer to the efficacy of prophylactic agents but to the vital need for spreading a knowledge of them —

"The extension of knowledge as to the nature of venereal disease and its consequences is of the first importance

"We think that a man who after exposure is thoroughly and promptly disinfected, by disinfectants of appropriate nature and strength, runs little risk of infection. The chance of failure, however, increases rapidly as the interval between exposure and the application of disinfectants lengthens and the conclusion seems to be that in syphilis such disinfection as mentioned above within an hour would generally be successful, and that in the case of gonorrhœa it has a prospect of success after a longer interval.

"We see no reason to doubt that an intelligent man, if furnished with reasonable instructions, could in favourable conditions effectively disinfect himself.

"It is urged by some that any system of disinfection would tend to increase the number of exposures and to raise the disease rate. We have received no evidence of facts in support of this view, and we are inclined to think that those who hold it attach too much weight to the deterrent effect of fear of disease.

"In face of the fact that disinfection in the case of an individual if properly and promptly effected will in all probability be successful, we do not think that there is any justification for putting obstacles in the way of individuals who desire to procure the necessary disinfectants.

"We think that properly and promptly applied disinfection in the case of an individual man would almost certainly prove effectual.

The prophylactic measures referred to consist of the following —

- (1) Coat some grease—vaseline, lanoline, etc., over the private parts before intercourse, and wash the parts with soap and water shortly after the act. This simple measure is to be resorted to when stronger antiseptics given in (2) are not accessible.
- (2) In place of ordinary grease use calomel ointment. This may be cheaply and effi-

ciently prepared at home by thoroughly mixing together 33 parts of calomel, 67 parts of lanoline, and 10 parts of vaseline. In place of ordinary soap, use carbolic or mercuric soap

- (3) Urinate immediately after each connection to wash away all infective material, and to prevent the invasion of the urethra by the microbes of venereal disease
- (4) If grease has not been used previously, wash the private parts well, within an hour, with potassium permanganate, lysol or mercury perchloride solution, and introduce into the urethra, by means of a dropper, a few drops of a 2 per cent solution of protargol.
- (5) The use of a French letter (provided it is moderately thick) affords protection against venereal infection, and any greasy matter coated over the letter increases the preventive efficiency
- (6) Do not join lips with lips, and do not prolong the intercourse unnecessarily
- (7) Remember that the professional prostitute, being an adept in her trade, is a lesser source of infection than the unprofessional one. Therefore, do not neglect the employment of prophylactic measures at any time

As to the treatment of venereal diseases, the best thing to do is to place yourself in the charge of an able physician. Some patients are ashamed of consulting a doctor and begin treating themselves

CHAPTER X

Habits that lower virility

We have already seen in the last three chapters how excessive masturbation, excessive night pollutions, or the onset of venereal disease may not only lower virility but may destroy it completely and permanently. We shall discuss in the present chapter other habits of life that tend to lower the powers of manhood.

It may be mentioned at the very outset that virility, like health, is a natural gift to man and any one who lives a natural life need not fear a loss of it. Impairment or loss of virility is invariably the result of an unnatural life, involving abuses or excesses of various kinds. The factors that destroy virility are mainly two—firstly, the abuse of the generative system itself, and secondly, the abuse of the body as a whole.

A point that cannot be too strongly emphasised is that loss of virility does not only mean a weak condition of the sexual organs but the weakness of the body as a whole. Remember that the generative system is not separated from the rest of the body but is closely related to every part of it, especially with the nervous system, and just as an impaired condition of general health means impaired sexual powers so the special abuses of the sexual system weaken the entire system. The giddiness of head, the loss of appetite, the loss of memory or the difficulty of mental concentration attendant on

a loss of virility, all show the intimate relation that exists between healthy sexuality and a healthy condition of all other organs of the body. Therefore, those afflicted with sexual weakness should try their utmost to shake it off, as quickly as possible, not merely for the sake of an improved sexual condition, but for the sake of their general health—physical and mental.

Of the various habits that tend to destroy virility, we may at first mention the *excessive exercise of the sexual function*, whether indulged within or without the sphere of marriage. Most people believe that the marriage ceremony gives them the right of free sexual indulgence with their partner and they need not mind any limit since sexual gratification is but natural. All such people are labouring under a very wrong notion, for excess of any kind is a crime against nature as is evidenced by the evil consequences of all excesses. Luther and many medical authorities unanimously hold the maximum limit at twice a week, but, unfortunately, the observance of this limit is rather an exception than the rule.

Then there are various abnormal and unnatural practices of sexual gratification which are classed with masturbation by the medical men, and which are just as harmful as masturbation, and in some cases, even more so.

Among these may be mentioned the abhorrent practice of holding physical relations with a member of the same sex, technically known as *homosexuality*; or other dirty methods of intercourse not unknown to the present civilisation. All such me-

thods tend to bring on either impotence or serious functional disorders on account of the unnatural excitement of the nervous system.

Again, there are certain harmful methods of sexual intercourse practised by the married for the sake of avoiding conception—the most prominent among them being "*coitus interruptus*" and "*Coitus reservatus*". I will describe them in the coming pages in the chapter on birth-control. Such methods of intercourse are undoubtedly harmful and, when practised by a man for years together, they bring on complete nervous exhaustion with a paraphernalia of all those disorders which the human flesh is heir to.

Ungratified passion has undoubtedly a weakening effect on the sexual function. When the nerves are excited they require a relief; otherwise there follows a congestion of the prostate and other sexual glands and irritability of the nerves. It is, therefore, wise to avoid sexual excitement when it is impossible to gratify the passions. Erotic thoughts, reading prurient literature and close personal intimacy with one of the opposite sex—all lead to prematurity, congestion, varicocele and a general weakening of the sexual function.

There has been much difference of opinion as regards the effects of prolonged continence on sexual powers. Well, the only reasonable solution to this problem is, that if you *really* live a continent life, free from erotic thoughts and sexual excitement of any kind, you are not only safe from all sexual disorders, but you conserve your energy by avoiding the waste of the spermatic fluid. But if you possess

strong sexual instincts and your passions are easily and frequently aroused and you are simply forced to live a continent life, then abstinence would exert a very injurious influence on your sexual and general health. You are likely to be troubled by excessive night pollutions which may end in partial or complete impotence.

In neurotic subjects, sexual disorders in varying degrees, ranging from excessive night pollutions to complete impotence, may occur through psychic influences only. All such subjects who are nearly always highly intellectual and precocious beings, wonder why they should at all suffer from sexual weakness when they have indulged in no sexual abuses or excesses. In all such cases a wrong train of thoughts is at the root of the trouble. Let me explain myself by quoting a few examples.—

"A young man, with good education and of more than average intellectual power, from one or other cause of mental strain or worry—reading for an examination or attending a dear relative on death bed, for instance, neglects to take sufficient exercise or disregards the time of taking food or going to bed. Ten to one he gets his general health upset and his digestion out of order. By and by the sexual apparatus becomes disordered too, and nocturnal emissions occur. These gradually become so frequent that he gets alarmed, begins to brood over his trouble, sleeps badly or perhaps takes to reading quack literature which he thinks bears on his case, but which always exaggerates the real facts of the case. Then the memory of old bad habits comes back to him, and he imagines that they are, in some way, connected with his present state, draws false inferences and false fears, and ends by convincing himself that he is *impotent and incurable*.

"Or take the case of a young man engaged to a girl he worships and the marriage ceremony is to take place after some months. In the natural course of things, the young man,

especially if he is nervous and artistic in taste, is sure to call every night before his mental eyes the image of his partner to be and to contemplate the pleasures that are in store for him. This works him up to a state of great sexual excitement which, if not gratified, is naturally soon followed by a seminal emission. The oft repeated sexual excitement causes an undue frequency of night pollutions and a sequence of events similar to what has just been described. The mental worry increases as the wedding day draws near and, if his morbid ideas are not checked, matters may assume a more serious aspect, for he may gradually drift into thinking himself physically unworthy of the object of his affection. He approaches his wife with an ever increasing fear and mental trepidation to try an experiment but the psychic conditions inhibit the muscular functions of his sexual apparatus. In some of the worst cases, the end is insanity or even suicide.

"Or again take the case of a boy in teens—a raw youth who does not know much of the world and its ways. Previous to his marriage, he wishes to test his sexual powers and does so by visiting a public woman. The strange environments, the fear of detection, anxiety as to the result and general embarrassment, all these combine together to bring on a complete failure. From that time onwards he considers himself impotent and never wishes to make a second experiment anywhere."

"Lastly but, in no way, leastly, consider a young man approaching his wife for the first time. He has hitherto led a chaste life and the question of sex has been, more or less, a closed book to him. He does not know the technique of the process or the difficulties of a first coition and, moreover, he does not know how to make a demand. What actually takes place in all such cases is not difficult to guess. The coldness of the wife, the novelty of the situation, the fear of the unknown and the dread of ridicule at a probable failure, have such a powerful effect upon the mental condition that either there ensues a temporary paralysis of the muscles which cause erection or ejaculation takes place even before an attempt at actual penetration is made. In either case, the result is so mortifying that, either a second attempt is not at all made or proves even a worse failure, and the man remains a psychic

impotent in spite of the fact that he is physiologically as potent as most men are."

Strange though these cases appear, they are by no means uncommon. I have myself dealt with a large number of cases of the first class and a few of the second and fourth class, and I am sure every physician must come across similar cases in his practice.

We have dealt with the abuse of the generative function, and now we come to a consideration of the abuse of the body as a whole.

In the routine of life there are certain habits which, from an outward appearance look quite harmless, but which tend to lower or destroy virility. And here the criterion that holds good at all occasions is "anything that lowers vitality and weakens the body as a whole, or anything that acts as a poison to the system, destroys virility."

The first and the most important of all the evil habits that cause sexual weakness is smoking. Not only is it the acute cause of trouble in millions of men, but it is especially serious, because the smoking habit is started very early in life when the bodily tissues are tender and keenly reactive towards all forms of poison.

The active principle of tobacco is nicotine which, in its pure form, is a terrible poison. No doubt, in smoking one gets a very small amount of it and consequently the effect is not so immediate as in the case of other poisons but, none the less, the system is being poisoned gradually if the habit is persisted for a long time, and the evil consequences are sure to appear in the long run. Nicotine

being a gastric irritant causes an undue flow of saliva. It thus acts as a drain upon the system and lowers the digestive powers. Furthermore, it affects the vision, the lungs and the heart and has a special deadening influence upon the brain and nerves.

To the medical man, tobacco is known as an anaphrodisiac & ~~e~~ the agent for pressing down the sexual desire and lowering the sexual power, and without doubt, tobacco is, in most cases, the chief cause of functional weakness and impotence. If you have the least regard for your powers of manhood, give up the use of tobacco entirely or use it very sparingly.

Of a very similar nature is the effect of alcohol, tea and coffee on the nervous system and sexual powers. While the public in general and many men in the medical profession take them as sexual stimulants, actual statistics tell an opposite tale. Teetotallers, in large numbers, have been found to retain their sexual powers the least unimpaired to an advanced age of sixty or seventy years, while those addicted to the drink evil are often found near the verge of impotence in the prime of their life.

Drugs and stimulants of all kinds that are employed by the majority of men for increasing their sexual powers, are all destructive to virility. Remember that the rule "To every action there is an equal and opposite reaction" holds good here as everywhere else. Anything that over-stimulates the sexual centres naturally tends to exhaust them the sooner. The opium or cannabis indica, the

spanishfly or cocaine, the strychnine or damiana, all these that help you temporarily, shall ruin you of your sexual health permanently, and in paying for these deadly foes you simply display your ignorance and idiocy.

There are certain chemicals that are employed by the physician to cure a case of night pollutions, prematurity or irritability. Unmindful of other natural methods of healing this particular branch of ailments, the physician frequently prescribes arsenic or belladonna, camphor or chloral, potassium bromide, iodide, or nitrate. These drugs and chemicals have a weakening effect upon the sexual powers, and although they may temporarily set right the impending trouble, yet, in the long run, they are apt to produce sexual weakness or impotence. The cases that have been made worse by this form of treatment are more in number than you imagine.

Next in the category comes the question of food. You should know that the secretions of different glands that form the constituents of semen are all derived from the blood, and the quality of blood primarily depends upon the quality of food ingested. The foods natural to man are cereals, pulses, vegetables, fruits, milk, butter, honey, but if, instead, your dietary consists of flesh and eggs, or pastry and chocolates, or spices and tamarind, you can scarcely hope to possess blood of the right quality. And if the stream of blood is foul, the other secretions of the body are necessarily vitiated. Therefore, if you wish to possess healthy semen and normal sexual powers, select your food carefully.

A little warning may also be given to those who are in the habit of overfilling their stomach at each meal. Gluttony is always the remote cause of most sexual troubles. Whenever the distended colon presses against the prostate or other sexual organs, it produces an irritation and, therefore, an excitement in those parts. The result is that either the glutton must unduly indulge in sexual intercourse or he must suffer from excessive night pollutions.

Constipation which is, in many cases, the direct outcome of wrong dietetic habits, forms a predisposing cause of sexual weakness. Whenever the effete matter is retained in the system for an unduly long period it decomposes and poisons the blood. The presence of impure blood in the system means the production of impure and unhealthy semen and all the sexual disorders attendant on it. Also, the greatly distended colon is the mechanical cause of night pollutions and low retentive power.

For a similar reason, habitually keeping in vitiated air has a weakening effect upon the generative system.

Nerve strain in the form of mental worry and mental overwork has also a marked effect upon the sexual functions. If prolonged it may cause serious weakness of the sex function or even partial impotence. Students working for a university examination are likely to suffer from sexual disorders, but they would automatically shake them off afterwards if other conditions of life are satisfactory.

Physical overwork is not so detrimental to sexual health as mental overwork, but if persisted for a

number of years, even at the cost of sleep, it is apt to impair the sexual powers as it would the general health*

Strange though it may appear, underwork is unfavourable to the attainment of perfect manhood. Apart from the fact that idleness is conducive to an unclean state of mind and thereby sexual in temperance, underwork favours the accumulation of flesh, and obesity, in general, means lowered virility.

CHAPTER XI

An Unnecessary Anxiety

It is in the fitness of things to make mention of a certain supposed disorder in the sexual sphere—a disorder that has caused endless anxiety to all innocent young men, and has brought countless sums of money to the pockets of unscrupulous quacks. The disorder is known as "spermatorrhœa".

I do not mean to say that there is absolutely no such disease as 'spermatorrhœa', 'Spermatorrhœa' does exist and is occasionally met with in men who have abused themselves excessively in every way, but the quack will frighten every young man who comes to him into the belief that he is suffering from spermatorrhœa and that is wholesale cheating.

Spermatorrhœa literally means 'the running of semen' and consists in a continuous oozing of the seminal fluid without any voluptuous sensation, or the vital fluid may be discharged at the least provocation. But the point to note is that in spermatorrhœa the discharge consists of real semen which reveals the presence of spermatozoa under the microscope. Spermatorrhœa is indeed a very serious disorder and frequently leads the victim to impotence and complete physical ruin.

But let us see how the quack misrepresents facts.

In the second chapter, while studying the physiology of the male sex organs, we had seen how under the stress of sexual excitement, and especially when the excitement has been sufficient to cause a

sustained erection of the male organ, the *Cowper's glands* secrete a clear, alkaline mucous—slippery and mucilagenous, and resembling the white of an egg, and that from six to twelve drops of this mucilagenous fluid may be discharged on each occasion of sexual excitement

The purpose served by this alkaline mucous is twofold and every young man should understand it

The urethra in man conducts both the urine and the semen to the exterior. The urine is acidic in reaction and when it is passed along the urinary passage, it leaves the duct acid in reaction for some time. The male semen is slightly alkaline and the spermatozoa can only thrive in the alkaline semen. They are very sensitive to acid and their vitality is apt to be seriously impaired if they come in contact with acid of any kind. Nature supposes that sexual excitement and erection is to be followed by sexual intercourse which, according to Her plan, is presumed to be a procreative act. Nature does not wish that sperms whose vitality has been impaired by coming in contact with the acidic urine should ever leave the male urethra to impregnate the ovum in the female, and therefore, through the agency of the Cowper's glands, Nature pours out a slippery, alkaline mucous whose purpose is to neutralise the acid in the urethral passage and thus afford a safe channel to the spermatozoa.

Secondly, the same slippery mucous, on reaching the meatus, spreads on the glans penis and facilitates its entry into the vagina of the female.

Now every young man is beset at times with sexual excitement and erection of the penis,

whether normal sexual gratification is possible or not. And the most natural thing for the Cowper's glands to do at this time is to discharge from six to twelve drops of their mucous according to the intensity of the excitement.

The ignorant young man who does not understand the physiology of his different sexual glands is evidently frightened at the appearance of this secretion. He thinks that his seminal fluid is leaving him even without his having indulged in the sexual act.

Next morning he sees a quack and he is led into the belief that he is suffering from a severe form of spermatorrhœa—the running of semen without provocation, and, if not treated, he will soon lapse into a condition of complete impotence. It is no wonder if the fears thus engendered may actually lead the poor young man to impotence in more or less time.

The plain fact is that, provided it remains within normal limits, discharge of the Cowper's fluid during sexual excitement is a purely physiological phenomenon and *does not weaken the man in the least*. The case is different when this fluid appears on the glans without any excitement, or when it is passed out in such large quantities as to trickle down in threads, for, then, a physiologic phenomenon has evidently turned pathologic and calls for medical advice. It also goes without saying that very frequent spells of sexual excitement, whether followed by sexual gratification or not, are weakening and may cause any amount of harm.

CHAPTER XII

Building up Manhood

The young man who has impaired his manhood to a more or less extent, either through sexual abuses or excesses, or else through wrong habits of living, will do well to build it up and bring it to the proper level before entering into the bonds of marriage, for, no matter how favourable other conditions of life may be, no matter how well tempered both partners, how excellent their financial condition or how good their general health, if the husband is suffering from a partial or complete loss of manhood, the marriage cannot be a happy one. Most likely it will end in something tragic.

Therefore, build up your powers of manhood *before* marriage, for there are a hundred times better chances to do so *before* marriage than *afterwards*. The man who discovers his sexual incompetence only after marriage will do well to send his wife away for some months and take vigorous measures to bring about a restoration of his manly powers during her absence.

Perhaps you are expecting me to give you in the next page the secret of preparing a "*never failing cure for sexual and nervous debility*" the internal use of which for a few days may help you to make up for all your past abuses and excesses. If so, you are very badly mistaken, for nobody can be more strongly convinced than I of the utter futility of drugs in curing disease. In sexual disorders as in

all other disorders of the human system, it is Nature that cures and can cure rightly, other treatments are merely intended to help Nature in Her task of bringing about a cure

Therefore remember, doubly remember and then remember again, that for the restoration of lost powers drugs *alone* are futile whether obtained from the quick or the family physician. By all means take the help of food and drugs but do not place your explicit reliance in them. If your mode of living is not changed, drugs will be useless and may work more harm than good. Therefore treat yourself on rational lines. Work like a man to become a man.

And remember again that Nature is never vindictive. Nature is always on your side to help you to health, procreative power and long life. Even if you have abused yourself excessively and disobeyed every command of Nature, directly you become a good child, Nature comes to your help to repair the damage done to your system.

Just think that by far the great majority of men have abused themselves, to a more or less extent, at some time of their lives, whether in boyhood, youth or manhood. And yet most of these men are leading happy married lives, are the fathers of healthy, robust children, and have had more or less successful careers. Do you think that any physician or drug has helped them to recuperate? They simply gave up their evil practices and have in time outgrown the results of their past indiscretions. Surely your case cannot be materially different from that of thousands of other

men who are as much human beings as you are. If Nature has helped *them* to a restoration of their physical and mental powers, Nature will help *you* also. Just keep a hopeful outlook on life and treat yourself in a rational way.

And the first requirement in this rational treatment is to give up all those evil habits of living that have been the cause of your ruin, for unless you do that, no earthly or heavenly power can help you advance a step further on the road to health. "Remove the cause, remove the disease" is an old time adage that is not only logically correct but experimentally true. The habits or practices that lower virility have been discussed at length in chapter tenth. Give up every one of these habits. This would be winning half the battle.

The most frequent of all sexual ills is the condition known as irritability of the nerves. In men who suffer from irritation of the nerves, every little excitement is quickly followed by a seminal discharge. In married men, we meet with this condition in various stages, ranging from the mild condition of leaving the wife half way to the awful condition of getting a discharge at the very attempt of uniting the organs. This form of sexual weakness, which commonly goes by the name of 'prematurity' or 'low retention', is very widespread and is threatening our civilisation. This condition is also known as partial impotence.

Then there is the complete impotence in which there is lack of erection of the male member. This condition is the final outcome of the condition mentioned above.

The symptoms associated with impotence vary considerably. Some men continue having a strong desire for the fair sex and sexual intercourse, notwithstanding the absence of the power of erection. Their condition is hopeful as it signifies that the internal secretions of the reproductive glands are present in the system and the nerve centres associated with amativeness are not entirely dead.

In others, there is a complete loss of the sexual appetite or even a positive dislike for the opposite sex. Their case is not so hopeful, but is, in no way, hopeless. Though definite results cannot be promised, yet a cure or at least an improvement may be secured if right methods are patiently followed for a pretty long time.

The cure of every one of these disorders is possible only if the vital and nervous forces of the body are built up in their entirety. All the nerves and muscles of the body should be strengthened and every vital organ toned up. When every individual cell in the body has been made to vibrate with health and vitality, it will not be long before sexual vigour returns in a full measure. The course of action chalked out in the coming pages of this chapter has already helped thousands of men to a restoration of their lost manhood, and it is sure to help you, only if you follow the treatment patiently, perseveringly, hopefully.

Remember that you intend building up new tissues and new nerve cells, and so you must be free from all such thoughts and actions as are destructive to their formation. Stop worrying about your past condition and be more practical in the

present. Cultivate a clean attitude of mind, keeping away all prurient thoughts that tend to cause sexual excitement. Continuous auto-suggestions of health and increased vitality and virility, would help you immensely.

There is every possibility of your sexual inability, whether partial or total, being purely psychic. Just compare your own case with the four examples given in the tenth chapter and, if you find any agreement between them, your ailment is not at all serious, inasmuch as it does not indicate any organic or constitutional defect. The very knowledge that your impotence is due to a wrong mental condition and, that it is only a supposed and not a real ailment, would help you a good deal. Simply give yourself auto-suggestions of the right sort and obtain a miraculous cure.

The plan of life that we would advise you to follow to regain your lost manhood is given in the following. We cannot say how long it may take you to obtain a complete rejuvenation. It all depends upon the state of your health, on the condition of your metabolism. You may have to exert for two or three months, or perhaps for a year or longer. But one thing we can promise and that is that directly you begin to follow this plan of life, you will begin to improve in health, vitality and virility.

Enrich Your Blood—The one paramount consideration in the attainment of vitality and virility is to purify and enrich the stream of blood. Remember, fresh, pure blood means health. There can be no sickness, no debility where there is

abundance of fresh blood and a good circulation Keeping in fresh air, deep breathing, muscular exercise, massage of the body, air, sun and water baths, right food and right sleep will help you to an abundant supply of fresh, red blood

Keep in fresh air—The importance of keeping in fresh, open air as a means of rejuvenation cannot be over-emphasised Therefore, whenever you get an opportunity—morning, noon or evening, leave the town and go into the open Make friends with parks and fields and river sides Never be afraid of moving into the cold air Hot air is sagging, debilitating, cold air is energizing, vitalising Get into your system as much oxygen as possible, and let it give your blood the good red colour that signifies health and manhood

Breathe Rightly—On reaching the open—a park, a field or the river side, or if that be out of question, with all doors and windows of your room wide open, perform deep breathing, not once or twice in a day, but full four times in twenty four hours—morning, noon, evening and bed time Standing erect like a soldier, inhale through the nostrils as deep a breath as possible, with a muscular effort, try to thrust the inhaled air from your lungs into your abdomen, once, twice, and then exhale the air slowly Repeat this twelve times on each occasion

Another method of deep breathing recommended by yogis is as follows

Stand erect, head and spine in a line, close the right nostril with your thumb, inhale through the left nostril as deep a breath as possible, retain it

just for a second; close the left nostril and exhale through the right. Now keeping the left nostril closed, inhale through the right, retain the breath for a second and discharge it through the left. Twelve inhalations and twelve exhalations are to be performed on each occasion. The wonderful effects of this form of deep breathing on health and mind will be manifest after it is practised for three or four weeks.

Apart from your daily programme of going out into the fields for a walk or your deep breathing, try to keep in free, open air all the twenty four hours of the day. Sleep with doors and windows of your room open, or if weather permits it, better sleep in the verandah all the year round. And for heaven's sake, avoid frequenting cinemas, theatres and clubs where the atmosphere is damnable foul. Congestion is the scourge of big towns and civilisation. Avoid congestion.

Take Muscular Exercise—Muscular exercise is the chief means of replacing the old, depleted cells of the body by new, vigorous ones, and any one who aims at health, vitality, virility, should not overlook this great health building measure even for a single day. Activity is life, stagnation means death. Therefore stir up every organ, every muscle, every cell of your body to activity and take a new lease on life. Participate in active outdoor games—cricket, tennis, volleyball, or at least take a long, brisk walk every day. Do not be satisfied with a mile or two, that is meant for the old or the convalescent. Aim at ten miles a day—yes, good, brisk walking, five miles in the

morning and five in the evening and then—then note the change in your body, in your health, in your digestive power, in the colour of your cheeks and in your sexual vigour

Apart from your morning and evening walk, we would advise you to take up some standard form of physical culture which may give exercise to every muscle of your body. The Indian system of physical culture known as "*Surya Namaskars*" or Muller's "*My System*" may be taken up; and the all round improvement in health and physical strength that these exercises will produce in a short time will justify our recommendation of them.

In hot weather and, in fact, whenever weather permits it, take to swimming. This is one of the most invigorating and body building of nerve tonics, and this is the *one* exercise that cannot be recommended too strongly to those who wish to build up sex force. Therefore plunge into the water and swim, once a week, twice a week, every day, in sea, river or tank.

Rub the Body Vigorously—After your morning exercise or after the morning bath, rub the body vigorously with dry hands. Rub every part—face, neck, shoulders, arms, legs, chest, abdomen and back. It should occupy at least ten minutes of your time, and mind you, this time is well spent. Dry friction of the body is an excellent means of shaking off the dead cells, opening up the pores and keeping the skin healthy and lustrous. Besides, the dry friction conducted by yourself affords excellent exercise to you and will warm you up after a cold bath. Every part of the body should be

rubbed vigorously so long as it does not begin to glow. And those who take the friction bath duly need not be afraid of any skin disease. Pimples, eruptions, boils will be afraid of making an appearance, for they know that they will quickly be rubbed off the body during the duly friction bath. But this is not the only advantage of dry friction. There are myriads of tiny nerve-endings located in the outer skin, and when the skin is rubbed vigorously, the nerves are roused up and stimulated, giving to the man fresh energy and vigour.

Take a cold bath Daily—It is no doubt a good thing to take a warm bath in the evening once or twice a week, but for stimulating and energizing the body there is nothing like the cold bath. Just as cold air has a bracing and invigorating effect, so has the cold bath. Do not be afraid of cold water. It does not produce cold, it protects a man against cold by increasing his resisting power against disease. Therefore, every morning, for a shorter or longer period according to the season, take a cold bath, either by plunging in water or pouring water on the body. And rub every part of the body well with the hands during the bath. It gives you a feeling of warmth.

Sit rightly—Learn to sit rightly, for sitting wrongly impedes circulation, and interferes with digestive functions, thereby lowering vitality and virility.

Eat Rightly—It is now admitted on all hands that fifty per cent of the physical ailments of man are the direct outcome of his wrong dietetic habits. When God created Adam, He placed him in a

garden, but the foolish man gradually receded from Eden and from the fruits and nuts that grew there, and has finally settled himself in cafes and kitchens.

Just set aside all your prejudices and think in your calm moments "Is smoke, or alcohol, or tea or betel leaf, or snuff needed by the body; and does any of these do *real* good to the body?" If not, why indulge in them? Yes, why?

But this is only dealing with a part of the evil

The dishes that constitute the meals of the modern civilised man mostly consist of faulty foods—foods which have been robbed of their nourishing elements by wrong cooking processes—foods which have been injudiciously mixed—foods that simply cater to the perverted taste of man. Pastries and chocolates, cakes and biscuits, jams and chutneys, soups and marmalades, all these not only rob you of your money but rob you of your invaluable asset—health.

O Man! think and act. Come out of the cafe and wend thy way to the garden where God, thy Creator placed thee originally.

As has been mentioned already, the foods most natural to man are cereals, pulses, beans, vegetables, fruits, milk and honey and the meals that are drawn out of these food articles are sure to contribute to your health, physical strength, vitality and virility.

Fruits and milk is an excellent combination as regards the maintenance of health and supplying to the body all the food elements it needs, and all those who can manage it, will do well to compose their lunch mainly out of these two vital foods.

The evening meal should be taken early in the evening so that the stomach may not be loaded at the time of going to sleep; and it should be sufficiently rich in nutriment. It may be drawn out of the following foods in suitable combinations—wholemeal bread, unpolished rice, oats, pulses, beans, cooked and raw vegetables, fish, white flesh, poached eggs, curd, butter and honey.

As vitamin-deficiency leads to an impairment of sexual powers and, in acute cases, to atrophy of the sex glands, one should see that the food articles constituting his meals are such as are sufficiently rich in vitamins, and that they have not been robbed of these vital food factors by such processes of cooking as boiling and frying.

It seems to be a fit place to mention that according to the Ayurvedic *Materia Medica*, wheat, oats, barley, grams, pulses—especially *urd*, fish, white flesh, eggs, peas and beans, lady's fingers, cauliflower, beet root, carrots, mango, papaya, grapes, bananas, figs, plums, berries, almonds, pistachio, walnuts, milk, butter and honey—all of these increase virility and generate the sexual powers, while chillies, coriander, tamarind, vinegar, sour fruits and acids lower virility.

Remember that the daily food plays a very important part in maintaining or building up the sexual powers. If you wish to build up virility or to retain it to a green old age, select your food with care.

Overeating is often the cause of many physical ills including sexual debility. Therefore eat only

as much as just meets the requirements of the body and masticate the food thoroughly at each meal.

Constipation—the great scourge of civilisation is also the remote cause of sexual disorders. To overcome the tendency to constipation not by means of cathartics and aperients but by means of right food. If you make it a point to take daily enough of fruits and raw vegetables like radish, carrot or cucumber, there is not the remotest possibility of your ever suffering from constipation.

Take Plenty of Sleep—For the restoration of waste powers of the body, sleep is as important as a nutritious diet. Nothing will so soon break up the nervous forces of a young man as keeping long hours at night. Therefore, take plenty of sleep in frequent open air. Sleep for eight hours or even longer sleep as long as you do not wake up refreshed. Some of the ancient Indian writers advise a man to sleep with his head towards the east or north. There is apparently no harm in following this piece of advice, there may be some good in it.

Avoid Excitement—Excitement of every kind draws heavily on the nerve force of man. Therefore, all the time you are trying to build up your forces, avoid excitement. By all means participate in harmless recreations—games, singing, rowing, painting, etc., but all these must be free from the element of excitement.

Cultivate the laugh habit. Associate with merry friends who may help you laugh heartily every day.

or weakening of the nerves which control the sexual function. Since the head centre of these nerves is the spine, therefore stimulating and invigorating the spine by means of suitable exercises is an excellent means of rousing up these dead nerves to activity which, in other words, means 'curing impotence'.

Different physical culturists prescribe different sets of exercises for stimulating the spine, but neither time and space allows us to describe all of them here nor is it practicable for an average man to practise them daily. Therefore, we give below only eight simple exercises which are easy to perform. These exercises have been selected with great care out of a long list, and any one who performs them for a few months will not only find his lost virility coming back to him, but a marked improvement in his physical and mental powers. These exercises are to be performed one after the other, at least once daily. The most suitable time is the morning.

Exercise I —The Indian exercise known as '*Dand*' or '*Dantar*' is an excellent exercise for stimulating the spine. As every Indian is familiar with it, we need not describe it in detail. Perform this exercise ten to twenty times.

Exercise II —Stand erect, heels touching each other and the big toes about nine inches apart. Bend forward so as to touch the floor with the outstretched fingers of the hands. Return to first position. Repeat eleven times.

Exercise III —Stand erect, hands clasping the hips. Bend the trunk forward as much as possible. Return to first position. Repeat eleven times.

Exercise IV.—Stand erect as in III. Bend the trunk backward as far as possible. Return to first position. Repeat eleven times

Exercise V.—Lie flat on the back. Raise the hips up as far as you can, your weight resting on your shoulders and feet. Repeat five times

Exercise VI —Lie on the back, placing the hands on the hips. Rise to a sitting position without raising the heels from the floor. (You will be able to perform this feat successfully after a few days' practice). Bend the trunk forward as far as possible. Return to first position. Repeat five times.

Exercise VII.—Lie flat on the back, arms at sides resting on the floor. Raise the legs with a quick effort and get them pass over your head to touch the floor on the opposite side with the toes. Return to first position. Repeat five times

Exercise VIII —Interlock the fingers of the two hands and place them at the back of the neck. Start a tug between the neck and the interlocked fingers, the neck trying to go back and the fingers trying to bring it forward. Give up when slightly dizzy.

Exercising the Prostate—The prostate gland plays an important rôle in the exercise of the sexual function. This is the gland from which comes a major portion of the seminal fluid. A weakening of this gland means the inability to discharge the seminal fluid in a jet which is a necessary accompaniment of healthy sexuality, and a weakening of this gland means abnormal oozing of the prostatic fluid from which so many young men suffer. The following practices aim at exercising the

muscles of the prostate, rendering the gland healthy and active

- (1) Whenever you are to pass urine, do not pass it in a continuous stream. By pressing the muscles of the abdomen against the sexual organs, force out a little quantity of urine as fast as possible. Then, by the contraction of anus and the neighbouring muscles, stop its flow. Again force out a little quantity in the same way and again stop its flow. Continue this alternate contraction and relaxation until the whole of the urine has been passed out.

The prostate is situated at the root of the urethra and by this alternate contraction and relaxation of the surrounding muscles, it gets a sort of exercise.

- (2) As a modification of the above exercise, contract your anus and relax it a number of times daily. This contraction and relaxation of anus can be performed standing or sitting on a chair, and should be performed from 10 to 20 times on each occasion.
- (3) Sit erect on a chair. Tightly contract your anus by an action of will. Now, keeping the anus contracted alternately draw in and thrust out your abdomen as far as possible. At first it will be difficult to keep the anal region contracted during the movements of the abdomen but after a few days practice you will be able to perform it successfully. This single exer-

cise will help you improve your retentive power considerably.

- (4) If you have the skill and the boldness to do it, give gentle massage to the prostate *per anum* once a week. Just lubricate your index finger and pass it gently into the anus; feel in front towards the region where the root of the penis is located. The finger will come in contact with a hard body. This is the prostate. Rub it gently with the finger for a minute or two. Do not be afraid if a little prostatic fluid comes out of the urethra as a result of this massaging.

Hot and Cold Spinal Packs—The application of hot or cold packs over the spinal area has a very marked effect on the nerves. Two parts of the spine are specially related to the nerves that control the sexual function. These are (i) the small of the back *i. e.* the lowermost portion of the spine, and (ii) the back of the neck *i. e.* the uppermost portion of the spine.

Now if you find yourself impotent, or if there is a lack of libido *i. e.* the opposite sex does not excite your sexual centres properly, the right thing for you is the application of hot packs over the spine and especially over the uppermost and lowermost portions of it. Take pieces of *khaddar*, and fold each piece so as to form a kind of pack. Dip these in hot water. Take the packs out of hot water, squeeze out the surplus water and apply them over the spine as hot as can be borne. Change the packs every half minute and continue

the treatment for from 5 to 10 minutes each time. One treatment every twenty-four hours is quite enough. As it is difficult for the patient to take this treatment himself, the help of a friend ought to be requisitioned. The patient should be on his stomach while the friend should apply the packs. To all those who have unfortunately lost their erectile power, we recommend the hot packs strongly.

If your case is just the reverse *i. e.* if you get unreasonably excited at a mere touch or look from the opposite sex, cold packs over the spine will set you right. Your nerves are hypersensitive and most probably you are suffering from excessive night pollutions or abnormal discharge of the prostate. Your nerves should be soothed and application of cold packs will surely soothe them. The process is the same as for hot packs, only the water is to be very cold, just near the freezing point.

Massage of the Spine—Massaging the spine is also very helpful in stimulating the nerves. The simplest plan is to rub vigorously with your dry hands the uppermost and lowermost portion of your spine, twice or thrice daily.

Sensitisation of the male Organ—Nerves have their endings everywhere on the skin, and therefore there must be myriads of tiny nerve-endings located on the skin of the male organ itself. Sensitisation of these nerve-endings must surely go a long way in bringing back to the organ its normal erectile power. But how is this to be done? Massage of the organ may produce excitement and

ejaculation which is to be avoided at all costs. The Greek physicians have solved the difficulty in this way. They advise the impotent person to shave his pubic region daily and to gently pass the razor over the entire area of the male organ (excluding the glans) as in the act of shaving. The passing of the razor produces a tickling sensation which is, in fact, due to the vibration of the nerve-endings of that region, and is very helpful in bringing the nerves back to activity. If you have lost power of manhood, you will do well to follow this procedure for a few minutes once or twice daily. If the razor cannot be handled, it may be replaced by a soft brush. But this practice is only meant for those in whom the erectile power is entirely absent.

Cold water Injections—Injection of sterilized cold water into the urethra acts as a nice tonic to the internal walls and structures that are most probably in an atonic condition due to abuses and excesses. Sometimes these cold injections alone effect a marvellous cure, the cold water stimulating the posterior urethra and strengthening the openings of the ejaculatory ducts. The procedure is as follows:

Boil tap water in a clean vessel. Cool it. Surround the vessel with pounded ice so as to bring down the temperature of water near to the freezing point; fill a syringe with this cold water and inject it into the urethra. Urinate. Repeat the process until three or four syringefuls have been used. The syringe required for this purpose can be had at any good chemist.

Cold Sitz Bath—The value of cold sitz bath as a tonic to the whole system is universally recognised. Taking the cold sitz bath is a very effective treatment of piles, constipation, varicocele and other diseases of the testicles. Besides, the bath invigorates the sexual organs rather unusually, toning up their tissues and improving the circulation. If you are suffering from a loss of virility in any form, you should not fail to take help of this bath. It simply consists in sitting in a shallow tub containing cold water so that only the hips and pelvic region are immersed. The duration of the bath should be from five to ten minutes.

The sitz bath as originally devised by Louis Kuhne is different from the one just described. It consists in immersing the genital organs in cold water and gently rubbing the outer surface of the prepuce with a piece of muslin. The rubbing is done under the water. This bath also is worthy of a trial at the hands of those who are suffering from impaired virility, but it cannot be taken by those who are circumcised.

In severe cases of sexual debility, alternate hot and cold sitz baths are preferable to the cold one. Bernard Macfadden—the physical culturist of America, gives the following advice in this matter in his book "Manhood and Marriage".

"In many cases of complete impotence or atrophy of the testicles, a more stimulating treatment is desired in the form of alternate hot and cold sitz baths. In that event, if one has only one tub, local sponging with hot and cold water alternately, concluding with a cold sitz bath, might answer the

purpose. In case of an inflamed prostate gland, or extreme irritability of the urethra and other parts, a hot sitz bath will be best. It is also useful in occasional instances of seminal losses, followed by a quick cold sponging of the genitals. Taking it all around, the sitz bath is the most reliable and satisfactory hydropathic treatment for building virility. One may remain in it anywhere from one to five minutes, according to the temperature of the water, and it should follow one's exercise. The best plan is to take the sitz bath in the morning, though this is not a rigid rule. As a general thing, the hot sitz bath, if one uses it, is best taken in the evening."

When it is practicable to take alternate hot and cold sitz baths, the plan to be adopted is "to stay in the hot sitz bath (temperature of the water being from 110° F to 115° F) for one minute, then in the cold for two or three minutes, then return to the hot, and so on, making several changes and ending always with the cold water.

The Shower Bath—Another form of hydropathic treatment that gives satisfactory results is the cold shower bath. Just attach a small shower apparatus to the end of the rubber tube of a gravity douche. This forms an extremely handy arrangement for receiving cold shower on any part of the body. Let the shower fall alternately on the pubic region and the perineum (back of the scrotum), one minute on each part, the whole process taking not more than ten minutes. This simple treatment is valuable both in prematurity and in total impotence.

Air and Sun Baths—Air and sun baths are also invaluable as stimulating agents in all forms of sexual debility. Many people keep their sexual organs smothered up with thick, heavy clothes, never giving them a chance to benefit by these natural baths. Remember that the skin actually breathes in a manner, and whenever exposed to the action of free and fresh air becomes healthier. Likewise, rays of the sun falling upon the body increase the cell activity, charging the cells with energy.

The way of giving air and sun baths to your generative organs is simple enough. Just expose your parts directly to the rays of the sun for about a quarter of an hour each day. Only see that the bath is taken at a time when the sun is not very strong. If there be any objection or hindrance in taking the sun bath in the natural condition, a piece of muslin may be loosely worn round the loins.

CHAPTER XIII

Choosing a Mate

Let us now suppose that you, a young man, find yourself fit for marriage—financially and physically.

You have either been a good child and did not rush headlong on the path that leads to ruin, or, if you sowed a certain amount of wild oats, you have atoned for your past indiscretions. You have practised control for a fairly long period and have built up your powers of manhood by the methods detailed in the last chapter.

As to venereal disease, let us suppose that you were either prudent enough not to expose yourself, or if you did contract it, correct treatment was taken in the early stages of the disease. At any rate, the disease did not reach the deep structures, and since there have been no signs of it for the last two or three years, the doctor has pronounced you free from the liability of infecting others.

Anyhow, you are happily in a position to assert that you are *fit* for marriage.

Then marry and marry at the first possible opportunity, for "marriage" means "ideal sex life".

Come into the field of love and choose your mate.

Remember, we are not addressing a man whose caste rules would permit only his parents to select a girl for him, for that is only a mockery of that sacred rite termed "marriage", we are only address-

ing a man who is free to choose a girl of his own choice.'

What does a man look most in a woman? What do you look most in a girl?

Beauty!

Let it be so, for nothing binds a man so much to a woman as her beauty.

Then find a girl who is beautiful, *really* beautiful, beautiful *all round*.

Let us analyse beauty a little, for there are many phases of beauty.

First and foremost comes the physical beauty of the woman.

By all means adore it, prize it, but see that it is real beauty and not the doll-like makeup of paint and powder and cosmetics. Find the real expression beneath the paint.

Suppose your girl possesses a pretty face, a *real, natural* beauty and not the one that is sold at the perfumers.

But are you sure she will retain her beauty all the days of her wifehood? Life is a big struggle. There are so many ups and downs, shocks, bereavements, periods of illness; will your girl pull through them all without any effect on her beauty?

Yes, if she has a full measure of health to back up her beauty. But not otherwise.

Then be on the look-out of beauty that will last.

Beauty and Brimming Health—that should be your ideal.

And remember, your girl is to be the mother of your children. Do you wish your children to be

strong, able bodied, splendid specimens of mankind? Then let your girl possess these qualities in a full measure, and see that she comes from a stock that is free from all those diseases that are termed "hereditary".

We have still to deal with other phases of beauty—beauty of *disposition*, and beauty of *character*, for after the first glamour is over, you will look for more in your girl than her physical beauty alone. It is her disposition, her character that will attract you a hundred times more than her physical charms.

Several hundred men were once asked to put in the order of their importance the qualities they most preferred in a woman. Was it physical beauty, or health, intellect, education, tact—or what?

A pretty face was far down in the list of these qualities, and what the majority placed at the top was—

A good disposition, a good character

Then look for these qualities in your girl—look for these before you look for physical ones, for physical beauty is but skin deep and there is no knowing when it may be lost, but the qualities of the heart endure and endure for life.

Then look for a kind, a tender and an understanding heart, for who can deny that the woman who possesses such a heart is beautiful?

Beauty is as beauty does. Beauty consists in good actions. Then choose a mate who gives you a promise of good actions—who has a genuine love

for work—who will stick to her man in the long journey down the often troublesome road of life—who will take pleasure in playing the rôle of an understanding wife toward her husband and the rôle of an affectionate mother toward her husband's children—choose such a mate and be happy.

CHAPTER XIV

The Sexual Impulse in Woman

To all the young men on the threshold of marriage, our advice is. Before consummating marriage, understand well the nature of the intricate machinery you are to handle, lest it go wrong in the very first working.

The nature of woman—her instincts, her impulses and her sexual sense, is entirely different from man, and one who does not understand the nature of woman should not aspire to be a husband. Modesty, passivity—these are the fundamentals of womanhood, gallantry, aggressiveness—these are the fundamentals of manhood. But we are not going to draw the picture of the woman ourselves, we have called for various master hands, each to give a few touches with his brush to make the picture of the woman complete. Study this picture twice, thrice, or if need be, six times, and then you are at full liberty to go and consummate marriage.

"The sexual endowments of man and woman differ profoundly, on his part, union is the end sought, and sought with intensity and determination—on hers, it is less an end than a means toward what is for her the real end, the procreation of a child, which will always be 'hers' infinitely more than his, that is to say, that although she is, when stirred, capable of as intense a rapture as he in the conjugal embrace, she feels as a rule a far less overwhelming desire for union, and can dispense with it more easily than he, she can even remain—and many women do remain—entirely passive and unstirred in

the act, a thing which is so impossible for a man that he is apt to find it unthinkable and unnatural."

"Sexual anesthesia (frigidity) in women is much rarer than a superficial observation would lead one to think, what happens in the great majority of cases is that the husband, in his ignorance of the different characteristics of man and woman, proceeds to union without any preliminary wooing, such as is needed *in every instance* in order to render his wife either physically or emotionally desirous of intercourse. The act, thus, is over for him before she has come anywhere near her climax, and she, being conscious of no desire aroused or appeased, is unable to understand the intense satisfaction her husband derives from a process which leaves her cold, and to which she wishes to lend herself as rarely as possible, especially if she dreads the possibilities of motherhood."

"The belief that a woman has nothing to get ready for intercourse is pretty generally prevalent, and to this erroneous impression may, in a measure, be attributed a large part of the existing domestic discord."

"The youth spontaneously becomes a man but the *maiden* must be *kissed* into a *woman*."

"The sexual mechanism in women is much more complex than in men, and because it is natural for the male to take the initial step in the preparation for union, the function of the male to arouse the feminine impulse closely borders upon the normal."

"The complex sexual apparatus of the female causes the sexual impulse to be more extensive and more diffused. Instead of having one primary sexual focus as the male, the woman has at least three sexual centres—the clitoris, the vaginal passage and the breasts or more particularly the nipple. There are other secondary and reflex centres in both sexes, but the three just enumerated give to the woman a much greater magnitude and wider sphere of emotion than is commonly realised."

"A woman lays more stress upon the preliminary caresses to the sexual act proper than does the man, because of the greater diffusion of the sexual zones; and she tends to be more emotional from the fact that the areas from where these sensations arise are more widespread."

"The climax, or sexual orgasm, is not reached as quickly in the female as in the male."

"During normal intercourse the apparent passivity of the female, which is often associated with physical and moral sensitiveness, passes into a stage of active participation and assistance in the performance of the act."

"A woman often in the ecstasy of passion, implores a man to desist, though that is really the last thing she desires, and a man who fails to realise this has not progressed very far in the art of love making "

"The woman in love does not solicit by words the advances of her lover, but there is a language of the eye whose muteness appeals and extends the invitation, and there is an intense energy behind, which is absorbed and pre occupied in the end to be obtained "

"The woman awaits the movement of the natural aggressor, but if he fails to act, she herself essays to move, and does appear to shun, in order to entice "

"The woman, by submitting without desire and the attendant physical fitness, becomes disgusted with herself and in addition fails to satisfy her husband "

"The woman's desire needs to be actively aroused, for a state of physical fitness must needs be followed by a mental inclination, and then her condition of passivity passes into that of active and eager participation "

"When a woman manifests a persistent indifference in sexual relations and fails to obtain gratification, we should remember that the fault may not be due to herself alone, but in part at least to a husband who does not know what is required and fails to successfully play his part "

"The man can indulge in normal sex relation without love, the woman can't."

"A 'cold,' passionless woman is a woman who has not yet met the man she is bound to love."

"In order to perform coitus according to Divine law, complete knowledge and full mastery is needed of all things concerning Man and Woman"

"We know for how brief a while
In woman's heart the fire of love can burn,
If eye and hand 'plenish it not, afresh'"

"Here is a perfect poem : to awaken a longing, to nourish it, to develop it, to increase it, to stimulate it, and to gratify it"

"A husband's interest and honour alike, enjoin that he should never permit himself a sexual gratification which he has not made his wife desire as well"

"The charest wife can also be the most voluptuous."

"To be a lover is easier than to be a husband For it is more difficult to show intelligence every day than to make pretty speeches from time to time"

"What men are ordinarily impelled to give, women usually like to receive"

"The maiden dislikes the idea of being too easily won and she gives more pleasure also to her lover than one who yields at once"

"The woman looks forward to married life as a continuation of the days of courtship, the foolish man dispenses with love making after the days of the honeymoon '

"The husband who cannot give to his wife two different sorts of pleasure on two different occasions does not know the A B C of love

"Girls through modesty cover their faces with their hands but look through their fingers to get a 'peep at things which naturally interest them'"

"The part played by the female in courtship throughout nature is usually different from that played by the male, and, in some respects, a more difficult and complex part. Except when the male fails to play his part properly, she is usually comparatively passive; in the proper playing of her part she is to appear to shun the male, to flee from his approaches -even actually to repel him."

"Courtship resembles very closely, indeed, a drama or game; and the aggressiveness of the male, the coyness of the female, are alike unconsciously assumed in order to bring about in the most effectual manner the ultimate union of the sexes. The seeming reluctance of the female is not intended to inhibit sexual activity either in the male or in herself, but to increase it in both. The passivity of the female, therefore, is not a real, but only an apparent, passivity, and this holds true of our own species as much as of the lower animals. Women are like delicately adjusted alembics," said a seveneenth century author. "No fire can be seen outside, but you look underneath the alembic, if you place your hand in the hearts of women, in both places you will find a great furnace." Or, as Marro has finely put it, the passivity of women in love is the passivity of the magnet, which in its apparent immobility is drawing the iron toward it. An intense energy lies behind such passivity, an absorbed preoccupation with the end to be attained."

"The true nature of the passivity of the female is revealed by the ease with which it is thrown off, more especially when the male refuses to accept his cue. Or, if we prefer to accept the analogy of a game, we may say that in the play of courtship the first move belongs to the male, but that, if he fails to play, it is then the female's turn to play."

"There is another characteristic of great significance by which the sexual impulse in women differs from that in men, the widely unlike character of the physical mechanism involved in the process of coitus. Considering how obvious this difference is, it is strange that its fundamental importance should so often be underrated. In man the process of tumes-

cence and detumescence is simple. In women it is complex. In man we have the more or less spontaneously erectile penis, which needs but very simple conditions to secure the ejaculation which brings relief. In women we have in the clitoris a corresponding apparatus on a small scale, but behind this has developed a much more extensive mechanism, which also demands satisfaction, and requires for that satisfaction the presence of various conditions that are always antagonistic. Naturally the more complex mechanism is the more easily disturbed. It is the difference, roughly speaking, between the lock and a key. This analogy is far from indicating all the difficulties involved. We have to imagine a lock that not only requires a key to fit it, but should only be entered at the right moment, and, under the best conditions, may only become adjusted to the key by considerable use. The fact that the man takes the more active part in coitus has increased these difficulties, the woman is too often taught to believe that the whole function is low and impure, only to be submitted to at her husband's will and for his sake, and the man has no proper knowledge of the mechanism involved and the best way of dealing with it. The grossest brutality thus may be, and not infrequently is, exercised in all innocence by an ignorant husband who simply believes that he is performing his marital duties. For a woman to exercise this physical brutality on a man is with difficulty possible, a man's pleasurable excitement is usually the necessary condition of the woman's sexual gratification. But the reverse is not the case, and, if the man is sufficiently ignorant or sufficiently coarse grained to be satisfied with the woman's submission, he may easily become to her, in all innocence, a cause of torture."

"To the man coitus must be in some slight degree pleasurable or it cannot take place at all. To the woman, the same act which, under some circumstances, in the desire it arouses and the satisfaction it imparts, will cause the whole world to shrivel into nothingness, under other circumstances will be a source of anguish, physical and mental. This is so to some extent even in the presence of the right and fit man. There can be no doubt whatever that the mucous which is so profusely poured out over the external sexual organs in woman

during the excitement of sexual desire has for its end the lubrication of the parts and the facilitation of the passage of the intromittent organ. The most casual inspection of the cold, contracted, dry vulva in its usual aspect and the same when distended, hot, and moist suffices to show which condition is and which is not that ready for intercourse, and until the proper condition is reached it is certain that coitus should not be attempted.

"In coitus the orgasm tends to occur more slowly in women than in men. It may easily happen that the whole process of detumescence is completed in the man before it has begun in his partner, who is left either cold or unsatisfied."

"It is a result of the complexity of sexual mechanism in women that the whole attitude of a woman toward the sexual relationship is liable to be affected disastrously by the husband's lack of skill or consideration in initiating her into the intimate mystery. Normally the stage of apparent repulsion and passivity, often associated with great sensitiveness, physical and moral, passes into one of active participation and aid in the consummation of the sexual act. But if, from whatever cause, there is partial arrest on the women's side of this evolution in the process of courtship, if her submission is merely a mental and deliberate act of will, and not an instinctive and impulsive participation, there is a necessary failure of sexual relief and gratification."

Sexual coldness due to the shock and suffering of the wedding night is a phenomenon that is far too frequent. Hence it is that many women may never experience sexual gratification and relief, through no defect on their part, but through the failure of the husband to understand the lover's part. We make a false analogy when we compare the courtship of animals exclusively with our own courtships before marriage. Courtship properly understood, is the process whereby both the male and the female are brought into that state of sexual tumescence which is a more or less necessary condition for sexual intercourse. The play of courtship cannot therefore be considered to be definitely brought to an end by the ceremony of marriage; it may more properly be regarded as the natural preliminary to every act of coitus."

"Not only is the apparatus of sexual excitement in women more complex than in men, but—in part, possibly as a result of this greater complexity—it much more frequently requires to be actively aroused. In men tumescence tends to occur most spontaneously, or under the simple influence of accumulated semen. In women, also, especially in those who live a natural and healthy life, sexual excitement also tends to occur spontaneously, but by no means so frequently as in men. The comparative rarity of sexual dreams in women who have not had sexual relationships alone serves to indicate this sexual difference. In a very large number of women the sexual impulse remains latent until aroused by a lover's caresses.

"As a result of the fact that in women the sexual emotion tends not to develop great intensity until submitted to powerful stimulation, we find that the maximum climax of sexual emotion tends to fall somewhat later in a woman's life than in men's. A youth of 20 may often display a passionate ardour in love which is very seldom indeed found in women who are under 25.

"When once duly aroused there cannot usually be any doubt concerning the strength of the sexual impulse in normal and healthy women. There would, however, appear to be a distinct difference between the sexes at this point also. Before sexual union the male tends to be more ardent; after sexual union it is the female who tends to be more ardent.

'In association with the fact that women tend to show an increase of sexual ardour after sexual relationships have been set up may be noted the probably related fact that sexual intercourse is undoubtedly less injurious to women than to men. Other things being equal, the threshold of excess is passed very much sooner by the man than by the woman.'

"Alacrity, rather than languor, as Robin has truly observed, marks a woman after intercourse or as a medical friend of mine has said, a woman then goes about the house singing.'

"With equal gratification of both sides, it remains true that, while after a single coitus the man may experience a not

unpleasant lassitude and readiness for sleep, this is rarely the case with his partner, for whom a single coitus is often but a pleasant stimulus, the climax of satisfaction not being reached until a second or subsequent act of intercourse. Excess in venery, which, rightly or wrongly, is set down as the cause of so many evils in men, seldom, indeed, appears in connection with women, although in every act of venery the woman has taken part."

"The sexual pleasure of men is intensive, of women extensive. In men the sexual impulse is, as it were, focussed to a single point, in women, in place of one primary sexual centre and one primary erogenous region, there are at least three such sexual centres and erogenous regions—the clitoris, the vaginal passage up to the womb, and the nipple."

"In women, the sexual impulse shows a much more marked tendency to periodicity than in men, not only is it less apt to appear spontaneously, but its spontaneous manifestations are in a very pronounced manner correlated with menstruation. A woman who may experience almost overmastering sexual desire just before, during, or after the monthly period may remain perfectly calm and self possessed during the rest of the month. In men such irregularities of the sexual impulse are far less marked. Thus it is that a woman may often appear capricious, unaccountable, or cold, merely because her moments of strong emotion have been physiologically confined within a limited period. She may be one day capable of audacities of which on another the very memory might seem to have left her."

CHAPTER XV

The Marital Act

"Marriage, in its physical aspect, is an art in itself. The cultivation of this art is within the reach of all married people, whatever their station in life, or whatever their quality of intellect. Those that have cherished and refined it are the people who have made a lifelong success of marriage. Such people are not only supremely happy, but they benefit greatly in mind and body, for it is an established fact that the physiological conditions of a normal sex life have the greatest beneficial effect on the whole system."

—(Mrs.) Isabel E. Hutton, M.D.

"Lest he commit a rape, teach to the raw youth the technique of coitus before sending him to the marital couch."

—Omar Haleeby

Note the opening sentence of the first paragraph prefixed to this chapter "*Marriage, in its physical aspect, is an art in itself.*"

If the "physical side of marriage" is an art, it has to be learnt and learnt with care and intellect, for an art never comes to be known instinctively.

In the present chapter we propose to teach this art to the prospective husband in its broad outlines only. For obvious reasons, we cannot discuss in a book the technical side of the question in its various forms, but the earnest student, wishing to equip himself with complete knowledge of the subject with a view to meet successfully the numerous critical situations that so often arise in the long course of a married life, can and should avail him-

self of fuller and complete information on the subject *

The term "sexual intercourse" has been defined by different authors in a number of ways, but perhaps the best definition comes from Velde who defines it as "That intercourse which takes place between two sexually mature individuals of opposite sexes, which excludes cruelty and the use of artificial means for producing voluptuous sensations which aims directly or indirectly at the consummation of sexual satisfaction, and which, having achieved a certain degree of stimulation, concludes with the ejaculation—or emission—of the semen into the vagina, at the nearly simultaneous culmination of sensation—or orgasm—of both partners"

The complete act of sexual intercourse should be considered to consist of five parts first, the preparation for the act, which may also be termed "the prelude to the love drama", second, the union of the organs, third, the spontaneous act of undulating, fourth, the orgasm, and fifth, the rest.

We consider it absolutely essential to give in the following a short description of each of the five stages of the act of coitus, in the hope that the impartation of such knowledge to the prospective husband will make every marriage an "Ideal Marriage"

Regarding the first part of the act, let it be said that here, above all other situations in the world, haste makes waste Put that down as the most fundamental fact in this whole affair It is

* See the announcement on page 191 concerning the *Ideal Marriage Advisory Bureau*

here where ninety-nine per cent troubles of married life begin. The fault is usually with the husband though he does not purpose to do wrong. He is simply the victim of ungoverned passion coupled with ignorance. What such a husband practically does is to rush blindly and furiously along in a way he knows nothing of, but which he has been led to think he has a right to travel when and how he will.

It has already been explained in the last chapter that, when the act of coitus is to be engaged in, the sex organs of both the man and the woman undergo great changes. Blood rushes to all these parts in copious quantities, till they become gorged. The result is that the penis is enlarged to several times its dormant size, and the vulva and vagina *should and will*, under right conditions, undergo similar changes.

But there is usually a great difference in the length of time it takes for these changes to take place in men and women. No party is to blamed. It is the inherent difference in their nature.

On the part of the man, as soon as his passion is aroused—and it does not take long for the passion of the man to be aroused—the penis tumesces, or swells hard, almost instantly, and, so far as the mere physical fitness is concerned, union of the organs is practicable then as ever.

On the other hand, tumescence of parts in women is usually a matter of considerable time, not infrequently of several minutes and now and then of half an hour or longer. This is not always so in passionate, practised women who may get

ready for the sexual act in one brief gesture from the lover; but, for the most part, it is true that *women are much slower in making ready for the sexual act than men.*

Again, as the organs become ready, nature has provided a most wonderful means of bringing about their easy and happy union. Both the male and female organs secrete and emit a sort of lubricating fluid which covers and sometimes almost floods the parts. This is a clear and limpid substance that is much like the saliva of the mouth.

Now if time is given for this fluid to be secreted and exuded, all the parts become covered with it, and they are admirably equipped for easy union. The glans penis is then covered with this fluid, and the vulva and all walls of the vagina are laved with the substance. At the same time, the vaginal walls have widened and grown soft, and all the parts of the vulva are in like condition. The result is that, though the penis be what at first sight might seem of such size as to make entrance into the vagina impossible, as a matter of fact such entrance is perfectly easy, when the parts are ready to be joined. But not before or otherwise.

So here is where the trouble comes. If the husband is in haste, if he does not wait for his wife to become ready to meet him in sexual embrace, if he forces the union of the organs before either is fully ready for such union—when there is no precoital fluid on the glans—when the vagina is cold and shrunken, and its walls are dry—if coitus is engaged in in this way, it is perfectly easy to see that only disaster can result. The woman is hurt,

not only physically but mentally, and sometimes most cruelly; and the man in reality gets only a beastly gratification from the act.

* And so, in this first part of the act, the one foremost rule to remember and observe is, take plenty of time! Or, as Marie Stopes puts it "Remember that each act of union must be tenderly wooed for and won, and that no union should ever take place unless the woman also desires it and is made physically ready for it."

Now the one easily understood direction as to what to do by way of preparation for the act of coitus is do as lovers do when they are courting. They talk of love—love as implied in the intimate relation of the sexes, they fondle each other, they kiss each other again and again, and nestle in each other's arms. These things, in limitless supply, should always precede the act of coitus.

The three chief centres of sexual sensation in woman are the clitoris, the vagina, and the breasts—especially the nipples. There are numerous other centres of sexual sensation of which the most prominent are the lips, the cheeks, the neck, the nates, the spine and the thighs. If the husband just takes a little time to excite these centres, it will not be long before he finds the wife ready for sexual embrace. The numerous actions that excite the sexual centres of the woman are known to all lovers. Handling, massaging, and kissing in its various forms, may be mentioned just by the way of an example. Now if the husband understands what is meant by that mathematical term "permutation and combination," and, besides, if

he is an intelligent man, he can find endless number of ways of directing his varied caresses to different sexual centres of the wife, thereby rousing her dormant passion and making her ready for the sexual act.

How ignorance of the husband or his lack of tact in playing this first part of the love-drama may result in sexual frigidity of the wife, may be gathered from the following example quoted by Marie Stopes in her book "Married Love"

So unaware of the elements of the physiological reactions of women are many modern men that the case of Mrs G is not exceptional. Her husband was accustomed to pet her and have relations with her frequently, but yet he never took any trouble to rouse in her the necessary preliminary feeling for mutual union. She had married as a very ignorant girl, but often vaguely felt a sense of something lacking in her husband's love. Her husband had never kissed her except on the lips and cheek, but once at the crest of the wave of her sex tide (all unconscious that it was so) she felt a yearning to feel his head, his lips, pressed against her bosom. The sensitive interrelation between a woman's breasts and the rest of her sex life is not only a bodily thrill but there is a world of poetic beauty in the longing of a loving woman for the unconceived child which melts in mists of tenderness toward her lover, the soft touch of whose lips can thus rouse her mingled joy. Because she shyly asked him Mrs G's husband gave her one swift unrepeatable kiss upon her bosom. He was so ignorant that he did not know that her husband's lips upon her breast melt a wife to tenderness and are one of a husband's first and surest ways to make her physically ready for complete union. In this way he inhibited her natural desire and as he never did anything to stir it she never had any physical pleasure in their relation. Such prudish or careless husbands content with their own satisfaction little know the pent up aching or even resentment which may eat into a wife's heart, and ultimately may affect her whole health.

So then, the first part of every act of coitus should always be a courting act, in which there should be no haste, but in which the parties should make delays.

And it may be added that, for married lovers, courting has a far wider range of possibilities than it has for the unmarried. If the lovers will be free with each other and do with and for each other anything and everything that their impulses and inclinations suggest, or their desires prompt, if they will do this and not hurry about it—then in due course the sex organs on both sides will become fully ready for the union they are longing for. And this is the time to begin the second part of the sexual act—the union of the organs.

The union of the organs should be effected gently and by slow degrees with frequent courting in the middle.

And here it becomes necessary just to give a hint about the position of the parties in making such union. There are a large number of these possible and particular ones suit particular pairs, but the one most commonly adopted is what is known as "The Man-Superior" position. This is for the woman to lie on her back with no pillow under her head, and the man to be over and above her, supporting himself on his knees and elbows. The wife, of course, will not only be clasping her husband with her arms but with her lower limbs as well.

When the organs are once well together and adapted to each other, the third act begins, namely the spontaneous undulations of the husband and

wife From a physiological point of view, this is a mutual action in which the wife should take, and should be urged to take, as much part as her husband

The effect of this movement is to still further excite and sensitize the sexual centres both in the man and woman, till all at once, the orgasm, or fourth stage is reached. The action is entirely beyond the control of the will, when it finally arrives. It is difficult to describe what this orgasm is, since there is no other bodily sensation that at all corresponds to it, unless it be a sneeze, and this is only like it in that it is spontaneous and a sort of nervous spasm. Malchow describes this part of the love-drama thus

"With physical coupling and gradually increasing simultaneous undulations, the nervous sensations are increased and intensified to a height where mental control is no longer possible, and involuntary acts ensue in which every portion of the being seems to take an active part, and by which the sexual apparatus is depleted and the nervous tension relieved

"The subjective sensation accompanying these involuntary actions it is impossible to adequately describe as there are no feelings akin to them and nothing known to humankind is comparable therewith

"Suffice it to say that there is the greatest possible emotion, which occasions convulsive muscular agitation, and a sort of scattering or explosion that is profoundly reactive

In view of the fact that the orgasm is the culminating point of sexual excitement, for a husband and wife to reach this climax at exactly the same instant, or for the wife to precede her husband, is a goal worthy the endeavour of all pairs

On the part of the man, the orgasm throws the semen into, and all about, the vaginal uterine tract. The amount of semen thus discharged at a single climax is enough to entirely flush and flood the area into which it is thrown.

On the part of the woman, the orgasm causes no corresponding emission of fluid of any sort that is jetted forth as is the semen. Yet the spasmodic action of the sexual parts, so far as nervous explosions are concerned, is exactly like that of her partner.

Palpitation follows palpitation through all the sexual area, the mouth of the womb opens and closes convulsively, the vagina dilates and contracts again and again, and the vulva also undergoes similar actions. In a word the whole of the woman's body thrills repeatedly.

This, however, seems to be the entire mission of the orgasm in woman. It has nothing whatever to do with conception, though many people, especially young husbands and wives, who have little or no knowledge of sexual science, believe that it is an essential to pregnancy. But such is by no means the case. All that is needed to bring about conception in a woman is the presence of the ovum in the uterus, and its meeting semen there and so becoming fertilized. So far as pregnancy is concerned the woman need have no pleasure at all in the act of coitus.

The false idea, which largely prevails, and which usually takes the form that there is no danger or possibility of conception unless the orgasm is simultaneous on the part of the man and wo-

man, has caused many a woman to become pregnant when she thought such a result to be impossible because she and her husband did not spend at the same instant. For the same reason many a young husband has impregnated his wife when he least expected to do so, thinking that because he alone experienced the orgasm, conception was therefore impossible.

All these phenomena indicate the fact that so far as women are concerned, the orgasm forms no part of the act of conception, and its only possible function, beyond that of pleasure, is that, because of the sensations it produces, it may lure women to engage in coitus when, but for this act, they would not do so, and thus increase the possibility of women becoming mothers.

The fifth stage begins directly the orgasm is over. A total collapse of the husband, and of many wives as well, takes place. They are truly spent, a most expressive word, which alone can describe their condition. On the part of the man, the penis begins to lose its rigidity, while all the female organs become quiescent. A languor steals over them, every nerve and fibre of their body relaxes, and a desire to fall asleep at once comes upon them irresistibly.

And the thing for them to do is to avail themselves of such natural sleep, just as soon as possible, for not only this sleep is a restorative after the strenuous efforts of the transport but it has peculiarly refreshing powers and many men feel that after such a sleep their whole system seems rejuvenated.

Says Dr. Marie Stopes in this connection

"Sleep is but one of innumerable indication inner processes intimately bound up with the reactions. When the sex rite is in every sense rightly performed, the healing wings of sleep descend both on the man and on the woman in arms. Every organ in their bodies is influenced and stimulated to play its part, while their spirits after soaring in the dizzy heights of rapture, wafted to oblivion, thence to return gently to ordinary plains of daily consciousness."

The question might be asked here as to whether it is advisable for the woman to get up and remove the surplus semen in one way or the other. The answer is 'No', and for this reason:

The semen is a most powerful stimulant to the female sex-organs and to the whole body of the woman. The vaginal walls themselves will absorb quantities of semen, if left in contact with them, and it is most healthful and beneficial to the woman and her sex-organs to have them do so. It is for this reason that many women increase in flesh, and even grow fat after they are married.

As a matter of fact, there is no nerve-stimulant or nerve quietener, that is as potent to womankind as semen. There are multitudes of nervous women, hysterical even, who are restored to health, and kept in good health, through the stimulative effect of satisfactory coitus and the absorption of semen, when both these items are present in perfection. On the other hand there are many women who suffer all sorts of ills, when these normally beneficial factors are misused or wrongly applied. The

results that follow all depend upon the way the act is done, and its products utilised.

On the assumption that, like the vagina which has the capacity to absorb to a certain extent the secretions of man, the glans penis might also be possessing the capacity to absorb the secretions of woman, and that this absorption might act as a sort of nerve tonic to man, the idea is steadily gaining ground that union of the organs ought to be maintained for some time even after orgasm. In her book "Enduring Passion", Dr. Marie Stopes lays great stress on this point. Writes she:

"I feel that I must be frankly explicit about another point in the conduct of the marital act not made sufficiently plain in the earlier book (*Married Love*). It was passed over because I did not then realise so fully as I do now its intense importance, and partly because it seemed then to me the obvious sequel which *lovers* would not fail to follow. I did not then realise as fully as I do now how rare is an instinctive knowledge of the laws of love. . . .

"To make clear the difference between marriage as it generally is even under favourable conditions, and those who obey this law with real and profound success, compare Mr. N. and Mr. O.

"Mr. N. is married to a woman whom he loves and who shares his feeling, and he is in all outward things the perfect husband. They are mutually suited in every way, and the desire for union finds its fulfilment in the natural sex act. After the crisis of the mutual orgasm, the man and wife draw apart. Directly after the ejaculation the man feels that the union is over, his sex organ shrinks and becomes soft and he draws away at once from the woman. That is the usual

consequence of the orgasm. The moments directly after the orgasm are of very great importance, and, instead of following the *right* course, the man draws apart. Although they may have the sense not to disturb themselves to perform any of the foolish acts suggested by too many birth controllers, or to return to that invention of the devil—the twin bedstead, they *draw apart* at once to sleep. The next morning, little details of the household, of the breakfast table, of the day's plans seem to irritate and fret the man. There is no sense of mutual attraction, he feels somewhat below par, and the kiss of farewell to his wife is perhaps a dutiful, regulation affair, instead of being one of warm tenderness.

"Compare this with Mr and Mrs. O, who have learned the secret of vitality directly *after* coitus. The union in its first stage may be identical with that of Mr. N, but one may be sure that during the union the wife did not fail to reveal to her husband her delight in him and that they mutually led to an ever increasing expression of passion till the critical pinnacle of the orgasm broke like the towering crest of a sun sparkling wave. Thereafter comes the time perhaps of *all* the most significant and the most potent. It is not only the love play and the mutual rousing before the union which is vital, the time immediately succeeding the orgasm is even more so and is even less understood. The hour directly *after* coitus, the hour commencing at the moment of ejaculation, is one recurrently fateful in the love lives of the partners. This hour, mishandled on myriads of occasions, has done much to injure morality. What should be done is so very easy, so very simple that the reader may skip past the sentences hardly realising their importance. I ask your very special attention to the next page.

When the throes of actual orgasm are concluded, Mr O does *not* draw apart from her, but with the very small movement of his elbow and shoulder necessary to give the leverage, he turns a little on one side so that his head and shoulders can just rest on a second pillow placed there beforehand. They remain with cheek touching cheek, shoulders just supported so that each may breathe freely, and with muscles* below the chest at rest and in direct contact with

bers. The male organ, scarcely yet retracted, is held gently but firmly in its place within the vagina by the muscles of the woman's thighs. The pair are thus lying almost on their sides, and the seminal fluid is enclosed in the vagina in which the penis lies so that both are in a position to absorb and benefit from all ejaculated secretions. Without separation they fall asleep thus entwined. Thus, not only do they fall into this sleep with the subconscious peace and harmony of the most intimate realisation of unity possible for any human being, but certain very subtle exchanges and interchanges have time to go on in the localised sex organs. Within the woman's vagina at this time, that is after she has herself experienced orgasm, and after the husband has ejaculated, there will be not only the seminal fluid and the various secretions of the accessory glands placed there by the man's ejaculation, but there will be the special fluids secreted or ejaculated from her own glands, alkaline in nature, altering its usual content from acid to alkaline, and containing substances of inestimable value, but which science has not yet troubled to analyse and discover in detail. In these, the sensitive, very absorbent skin of the *glans penis* of the man is bathed and immersed. I am certain that ultimately it will be proven that the man absorbs directly and beneficially through the *glans penis* something of woman's secretions.

Ordinary regimented experiment on such points is impossible. One can only deduce the nature of the subtler physiological reactions from their results on human subjects. We can deduce what has happened to Mr O by observing his later behaviour.

The first sleep may last an hour, or all the night. The man then wakes to find that the sex organ is now normally small and retracted, yet is held lovingly against the labia of his partner by the slight pressure of the mutual contact of their legs. He moves apart, either to his own room or remaining with her. The next morning he is observed to whistle and sing on his way to the bathroom, to be bright and happy, to have a gaiety and vitality which has not been robbed but added to. Perhaps one may describe it best as being rendered more secure—more like the happy, spontaneous gaiety of

childhood than the eager and hectic excitement of a desirous man

Mr and Mrs O have observed this feature in themselves for ten years, and Mrs O's records show that although her husband is always good tempered, and his disposition happy, he almost never sings and whistles along the corridors in the early morning except the day or two after the act of union performed in this manner. The man looks very much younger than his age. He had gained in love as well as given. He had realised in his own life the truth that in marriage a man truly should gain that which he hath not as well as rid himself of that which he hath in superfluity."

And finally, just as there is an epilogue to every drama, let there be an epilogue to this great drama of love. Let not the screen fall on the stage abruptly, break not the love-communion all at once! Let not the wife find in you a selfish man who, after his own desire is gratified, would no care to exchange a word with her—her whom he was rapturously clasping in his arms only a few minutes back! Learn to sing the epilogue for the notes will reach the psychic plane of the woman! Learn something from the following advice by Velde.

"*After play* is an essential and most significant act in the 'love drama' but unfortunately the most neglected of all. Many men are in the habit of going to sleep immediately after coitus, yes, even men who *love* their wives do this sometimes, from ignorance or negligence. They turn round and presently lie torpid and snoring, while their wives feel the slow ebb of sexual longing, and thus they deprive themselves of the most exquisite psychic and emotional experiences, and they also destroy the illusions of the most loving wife, by showing that they have no idea of the women's nature, of the aesthetic delicacy of her love, of the profound appreciation sexual pleasure arouses in her, of her need for caresses and sweet words, which

lasts much longer than the orgasm. This is a closed book to them. In after play the man proves whether he is (or is not) an *erotically civilised adult*

"He should be assiduous after his own desire is gratified to cultivate his wife's pleasure. And this can be so easily done! A word of love will do it, a kiss, a tender touch, an embrace! It will suffice for a loving wife to know that for him, too, all is not over at once, with the tempest of the orgasm, that his happiness endures and echoes through his whole nature, like hers. She herself desires nothing better than opportunity to prove the rapture he has inspired in her."

We will end this chapter by answering a question that is very frequently asked "What is the best time to hold conjugal relations—immediately on retiring to bed, or midnight, or in the morning, with new gathered strength and energy, or else at noon?" And the answer is "The time that meets the following requirements is the most suitable time

- (1) The stomach should not be loaded
- (2) The body should not be fatigued, much less exhausted
- (3) There should be no fear of interruption
- (4) There should be ample time for repose afterwards"

CHAPTER XVI

The First Congress

Countless are the hearts made sore for life if not actually broken, innumerable the deeply wounded souls, and disillus-
sioned, disappointed minds, wrecked through ignorance on the
part of married lovers as to how they should conduct them-
selves in what should be the rapturous sanctity of the mar-
riage chamber — *Willis*

At the first meeting of the husband and wife there are certain conditions which exist on the part of the latter, that are not present in after meetings and these must be understood and rightly dealt with or the worst of bad results may ensue.

In its virgin condition, the vulva has a part called *Hymen*. This is a membrane that grows across the upper part of the vaginal opening, and covers so much of the orifice that it is practically impossible for the erect penis to enter the vagina so long as it is present.

Now many young husbands, and some young wives, are wholly ignorant of the existence of the hymen, and of the troubles it may cause at the time of uniting the organs in a first meeting. This membrane is sometimes soft and fragile and may afford entry to the penis without any great discomfort to the husband or the wife, but often it is tough and strong and it is then that it presents difficulties in the consummation of the marital act. For, if the groom, being ignorant of the real construction of the parts, tries to make a union of the organs, he would find such union obstructed. This

may lead the husband to think that the non consummation of the marital act is due to the lack of virile power in him, and the fear thus engendered may so affect the nerve centres that erection may vanish all at once or ejaculation may take place in an instant. In either case, the result is so mortifying that he dares not show his face to his wife much less make a second attempt at coitus. And the poor man, through a little ignorance, may remain a psychic impotent for life, though physiologically he may be as fit for the sexual act as most men are.

Or the matters may take a different turn. The husband is very virile, even powerfully virile, and he has unfortunately acquired the wrong notion that true manhood consists in consummating the marital act on the first night, or that withdrawing in the middle of the act is a big blot on manhood. What such an ignorant, impatient and passion driven husband does is sad to relate. He ignores the excruciating pain he is causing his wife, he is unmindful of her tears and deaf to her entreaties—he, the victim of his brutal lust, ruptures her hymen ruthlessly, hurting her cruelly and causing her to bleed seriously. But does he know of the grave consequences of his rash act? In crashing down upon his innocent wife like a wolf on the lamb, he annihilates in an instant all her finer feelings for man and creates in her total disgust and abhorrence for the sexual act, most probably rendering her sexually frigid for the rest of her life. The romance of marriage ends before it had a beginning.

Or else the ruthless action of the husband may have a physical bearing—the onset of *Vaginismus*. When the husband next seeks a union, the courage of the woman fails, her nervous system begins to give way, she shivers with terror at the approach of her husband, and as a result there is a spasmotic contraction of the vagina so powerful that intromission is utterly impossible. This occurs every time an attempt is made, and so the husband is permanently debarred from sexual communion with the woman he has *married*.

The consequences of ignorance and rash action being as depicted above, the thing to do here is, first of all, to know the situation and to talk it over; and then carefully, delicately, do the best that can be done about it.

Of course, at the first meeting, all the preliminaries prescribed as forming the first part of the sexual act should be carried out in all details. It is not too much to say that these should be prolonged for some days.

As a rule, it is well to let plenty of time elapse before engaging in the full act of coitus. The young people should take time enough to become better acquainted with each other than ever before; to become in a measure, accustomed to the uncovered presence of each other. In any case, full coitus should not be attempted till the bride is at least willing. If she can be brought to become anxious for the meeting so much the better.

Soothing words of love and avowal of everlasting devotion and protection should precede the first entry of the man into his bride's delicate body.

In pouring out his heart to his bride, let the loving husband keep in mind the advice of Willis —

"The man should not forget, in his passion, the need for soothing words of love, of whispered outpourings of his heart and soul. He should tell her how dear and precious she is to him; how that, if he is taking from her her virgin honour, he is giving his own into her keeping, and has given her the protection of his name, how that he will always love and succour her, how that, although the law, the world, now gives him certain privileges, he will claim nothing from her that she does not concede him gladly. Let him whisper through the sheltering darkness, clasping her lovely soft form close to his breast with tender, loving arms, if she understands what he asks of her. If she is a normal woman, she will whisper back that she does understand a little, and that she loves him

"Then assuring her that he will always hold her as dear as on this night of nights when he first proudly and reverently claims her bridal gift, let him take her fair body wholly to himself. If he neglects nothing of this necessary preliminary, in short, does not forget to be the ardent wooing lover as well as the devoted, pleasing husband, he will know some of the most glorious moments that life has to give "

The wife should know beforehand that she will have to endure a certain amount of pain which, at any rate, is not intolerable and is soon forgotten. On his side, the husband should, from the knowledge of the peculiar situation, feel that it is incumbent on him to proceed with the maximum of tenderness and consideration, and to cause his bride as little pain as he possibly can. With their resolutions made up and conditions fully understood, the lovers can, in almost every case, by working and moving together carefully, overcome the obstacle, remove the hymen with little or no pain or loss of blood.

As a matter of fact, when the time for the meeting comes, if all the facts are known, and the husband will hold his erect penis still and steady against the hymen, the bride will so press against it that by her own motions, she will break the membrane and so be rid of it. She knows how much pain she can endure, and when the pressure is too hard she can relieve it by her own action.

But if the hymen does not get ruptured at the first attempt, it is advisable to postpone the consummation of marriage to the next day or even the day after the morrow. For remember! Too prolonged, too soon repeated, or too vigorous efforts at defloration increase the sensitiveness to pain and nervous fear of the woman, making matters worse and success more difficult.

"Advance then with mercy and with circumspection! Nor seek with a forcible thrust to break the shuddering resistance of her virginal chalice. Know how to bridle the powerful steed of thy desire. And if Allah hath made thee too mighty and great of girth, hesitate not to defer thy right of entry unto the second night, or even unto the third." This is the advice of the Muslim sage, Omar Haleeby, in his book *El Kataib*.

From an anatomical point of view, the method of least resistance for consummating marriage consists in adopting such an attitude that the penis slides along the *vestibule*, dilates the opening in the hymen that is normally present in all maidens, and splits the membrane, generally in two places, on right and left, backwards. The new made husband, if he is wise and has due regard for his

wife's susceptibilities, will not and should not fail to obtain fuller information on points of technique *

It is a rare case in which, even by mutual willingness and action, the hymen cannot be got rid of. If, *in spite of all well-executed efforts, the pair fail to remove it*, the services of a lady surgeon should be procured and she, by a very simple and painless operation, can remove the difficulty. But never should it be brutally torn away by the force of the husband, and without the full willingness of the wife.

Some husbands are made to suppose that the hymen in a virgin is the *only* barrier to complete and pleasurable relations, and it is even given in a widely-circulated book on sex, written by a woman, that "once the barrier" - *i.e.* the hymen, "is broken down, union is easy and delightful", yet the real facts are far from these. A virgin's vaginal passage, while capable of being so widened and distended in the course of time as to be able to accommodate the erect penis with ease, is too narrow to admit the male member at first without discomfort to the woman. In any case, the union is neither easy nor painless on the first few occasions, and the husband will meet with some resistance, which may sometimes be considerable. The proper thing to do is to apply an emollient in order to make the union painless, and even pleasurable, to the bride. Vaseline serves the purpose best and it is suggested that it should always be kept within reach until the organs are fairly well adjusted to each other.

* See the Announcement on page 191 concerning the *Ideal Marriage Advisory Bureau*

On account of his acute psycho-sexual excitement, the husband will usually reach his climax very quickly and it is desirable that he should do so, for the less the amount of pain and suffering the woman bears on the first occasion, the more readily and longingly she will participate in after meetings. In almost all cases, it is difficult, and even out of question, for a *virgin* to arrive at her sexual orgasm in the first intercourse, and, therefore, it is advisable not to attempt to bring her to her climax by prolonged friction. The first congress is simply meant for the rupture of hymen and dilatation of the vaginal passage, and the sooner it is done the better.

If the bride is a mature girl, the bleeding that results from the rupture of hymen is usually slight and soon ceases. But in exceptional cases, it may last longer and be profuse. Usually, no external help is needed to stop the bleeding. The wife should simply lie quietly with legs closed, and the bleeding will stop of itself in a short time. The wife should not even wipe the blood for contact of any kind with the wounds is to be avoided. It is only in very rare cases that the bleeding calls for medical help.

Some husbands also, especially if they are inexperienced, may have to go through more or less pain in their first attempt at coitus. Occasionally the attachment between the foreskin and the lower part of the glans may burst, causing the man to bleed. This makes the use of some lubricant during the first congress doubly imperative.

It is scarcely necessary to add that a second attempt at intercourse should not be made until the next day. Instead of allowing time and rest to the fresh tears and wounds to heal up, to coax a wife into a repetition of the act is inhuman, to force her do so is brutal.

It seems desirable to mention here that, though it is generally true that the hymen is an index of virginity, the mere absence of hymen in a bride does not necessarily imply that she is not a virgin. In some girls the membrane is so fragile that it gets ruptured during a fall or when lifting a heavy weight, or else it may disappear as the result of onanistic manipulations. Therefore it is not fair on the part of the husband to suppose that because the hymen is not present at the first meeting, therefore his bride cannot be a virgin.

CHAPTER XVII

The Frequency of Coitus

The question is often asked: What should be the frequency of sexual union in a married pair?

To any one who puts this question to me, I put the counter question: "What is, in your opinion, the quantity of food a man should take at a time?"

"As much as is relished without producing any physical discomfort or a sense of ennui."

This is exactly my answer to your first question.

In no physical function do men present greater differences than in the sexual, and it would be the height of folly, to lay down a definite rule to which every man should be required to stick. What is normal for A may be injurious for B, and fatal for C. I will just make you understand my point.

Commenting on this point, writes Dr. Marie Stopes in her book "Enduring Passion"—

"I will quote the two extreme ends of this chain, both from examples known personally to me in my own circle of friends. Both were men whom everyone from an ordinary external point of view would consider perfectly normal. They were healthy, well educated, but not excessively "high brow, middle class, decent "average" men. One of these men would not (I think still cannot) endure to practise sex union more frequently than once in two years. His wife was content with this standard and he thought himself normal. He knew that other men were more inclined to "indulge" themselves, but he considered that reprehensible on their part, and held

that if only they took a "decent" attitude towards it, they would be like himself content and healthy with one sex union very second year

The other type in contrast to this, the husband of one of my most intimate friends, required and obtained for all the years of his marriage, until he was killed in the air, sex union with his wife three times every twenty four hours for three hundred and sixty five days every year On the one or two occasions when his wife's engagements prevented the mid day union, he was nearly frantic and scarcely capable of human reason before nightfall Satisfied by his wife he was a joyous, happy, and delightful companion, doing richly creative work and full of vitality and charm'

Similarly, Dr. Robinson of America quotes two cases, A and B.

In A the sexual instinct woke up at the early age of seven He had his first night emission when he was only ten A year or two later he started masturbation, practising it fairly regularly for a number of years He began his sexual relations at the age of sixteen and continued them at the average of three times a day right up to the age of 76 —the age at which he came to consult Dr Robinson He was as potent then as most young men are, but the trouble was that the sexual desire in him now was not as strong as it used to be in former years Dr Robinson writes

"He looks at the thing philosophically He knows he has had more than his share of the pleasures of life, and if I say that the weakening is physiological and that nothing can be done, well and good He will moderate his sexual activities and will try to become reconciled to his fate But if his weakness is due *perhaps* to some excess, and if it is possible to do anything for him, he would certainly like it done He would like to have his sexual power last as long as his life"

But the chief point to note is that this vast expenditure of energy in sex activity did not incapacitate this man in the least for the toils of daily life. "All his years of life his responsibilities and his business were growing. From a manager he became a partner and then the sole owner of a million dollar establishment. And he is a dynamo, in work and never gets tired."

And then Dr. Robinson writes on to say.

"As this was an interesting case, I discussed with him his history very fully. He assured me that several times he tried earnestly to moderate his sexual activity, but abstinence for several days was always accompanied by a heavy feeling in the head, discomfort, drowsiness, lack of ability to work, dragging down sensation in the perineum, feeling of distension and pain in the scrotum, etc., while intercourse was always followed by a buoyant, happy sensation, by a desire to work and to be active. All the intellectual and somatic functions seemed to be stimulated. To a question of mine, he answered that he was sure that he would have gone insane if he had had to abstain for any length of time, say two or three months. He considers himself a good Christian (he is very prominent in his church), but he does not blame himself for his life he blames nature for having endowed him with such extraordinary sexual capacity.

"I might well say about this patient what Venette so well said about the strongly sexual in general 'one could more easily extinguish a great fire with a drop of water, one could more readily make a rapid river flow upward to its source, than to change the inclinations of such a man.'

"Here is the second case

"Mr. B forty two years old. I know the man well, and have perfect confidence in every one of his statements. His sexual history. Has never masturbated once in his life. Was very carefully brought up and did not know there was such a thing as masturbation until he was twenty or twenty two. At about twenty one he had a night emission

which frightened him. He consulted the family physician, who explained to him its significance. Until his marriage he had emissions about once in three or four months. He would generally feel languid after them. He had an occasional desire for intercourse, but the desire was slight and he had no difficulty in overcoming it. Even if it had been stronger, his normal scruples and his fear of infection would have kept him from indulging in illicit relations. He married at the age of twenty eight, for about four or six months he indulged every week or once in two weeks, then the interval was increased to once a month and then to once in two or three months. Once his wife had been away to her relatives for six months, and he was not bothered in the least, nor did he have a single pollution. Everything was going along smoothly, but three or four years ago his wife, who is four years younger than he, became more exacting, while he was getting weaker and his desire was becoming less and less. At the present time, he has no desire whatever. He can have erections, though they are weak, and can perform the act, but it affords him no pleasure or satisfaction. In fact for two or three days after each act he feels a good deal of exhaustion and inability to work. He would be perfectly satisfied, in fact he would like it much better, not to have any intercourse for the rest of his life. He would not miss it and he would be able to attend to his work better. And if he were single, he would not think of consulting a physician. The reason he comes for treatment is—the wife. Her demands have remained quite exacting, and while she is very nice about it, he can notice that she is very dissatisfied and unhappy. He emphasizes and reiterates that nothing would please him so much as to be let alone sexually, but he is anxious to be treated for his wife's sake.

"Now, here we have two cases. The contrast between them is striking, but neither of them is pathological, I did not select one with satyriasis, nor one suffering with impotence. They do not even belong to the domain of curiosities. While somewhat exceptional, they are strictly within the lines of the normal. Both have been normally married, both have had children, both are free from sexual perversions. In their conduct, in their work, in their social activities they are both con-

sidered even above the normal, and both enjoy the highest respect of their fellow-men. And still contrast the two. A's entire life is dominated by his sex instinct, though it does not interfere with his other activities. In B the sex instinct is rather a useless appendage, more of a nuisance than anything else. It plays no rôle whatever in his life. It is A's boast that during his life he lived for a longer or shorter period, *i. e.* had had relations with, at least six hundred women; and he is not through yet. One woman has proved more than enough for B. I asked A to estimate for me approximately the number of times he had performed the act during his life, and after a little calculation he told me that a very conservative estimate would be between 45,000 and 50,000 times; 60,000 would probably be more correct. The number of times of B's sexual acts would be quite correctly expressed by one hundred. A can still keep his sexual activity for several years if he does not die in the meantime, while B's sexual life is practically over.

"Well, would you want to prescribe the same physical régime and moral code to A and B? Would it not be in the highest degree absurd to demand that A live according to B's standard or B according to A's standard? If you compare the two, you will see that A's sexuality to that of B is at least as is six hundred to one. Even these figures do not fully express the qualitative difference. And should we lay down the same laws for both?

"I cite the two cases in order to impress upon the reader the vast difference existing in men in everything that concerns the sexual sphere; and it is as foolish and impossible to treat sexual disorders by a hard and fast rule as it is to demand the same sexual régime from people in health. Three hundred and sixty-five times a year may not be too much for A, while twelve times a year may be too much for B. We must therefore strictly individualize each and every case.

"I could relate dozens and dozens of cases illustrating the remarkable quantitative and qualitative variations in the manifestation of male and female sexuality. The above two should suffice to show how futile and fatuous it is to make iron-

clad rules and categorical, dogmatic, ex cathedra statements in reference to anything connected with sex."

And so, in the matter of fixing a limit to the amount of sex exercise that will just suit you, the best thing to do is to go by the advice of Dr. Beale.

"The two key-words which should govern the marital relationship are Spontaneity and Moderation. So long as the man's desire for union arises spontaneously, with the unmistakable external symptom manifesting itself quickly, vigorously and of its own accord, we may say that such an indication is as a rule sufficient to show that union will not be injurious to him; and provided he understands the art of moving his wife to a willing response, her compliance will not harm her, assuming her general health to be satisfactory. Under such circumstances unions may occur as often as three or four times in the course of one week without ill-effects upon husband or wife; though, we hasten to add, hardly every week. On the other hand we would say very distinctly that if there is a lack of such spontaneity as just described, it is nothing short of folly on a husband's part to have recourse to any artificial stimulation for the purpose of enabling him to have relations with his wife: it is the overflow of his vitality which alone he ought to expend in the conjugal embrace, not the capital of his strength. If on the following day he can go about his duties without a feeling of lassitude and exhaustion, doing full justice to his duties, he will know that he has not exceeded."

CHAPTER XVIII

The Hygiene of Marriage

The relation between the sexual sense and the sense of smell being very intimate, cleanliness of the copulative organs, which is so desirable at all times, becomes imperative in married life. Unfortunately, the technique of cleanliness here is very often neglected, and this neglect is a source of injury—physical as well as æsthetic. We therefore consider it advisable to suggest the following detail regarding the care of the copulative organs and the proper method of keeping them clean and healthy. These directions should be followed in addition to the daily baths and ablutions.

FOR MEN

- (1) Morning and evening, clean with cold or warm water the *glans*, the *corona* and the inner surface of the *prepuce*
- (2) When coitus is intended, clean the parts as mentioned above shortly before the act, as well as clean with soap and water the whole pubic region
- (3) Never touch your own genitals or of your partner, with unclean, dirty hands
- (4) Avoid staining underclothing after urination. Press out the last few drops of urine or use a piece of clean lint for dabbing and wiping the meatus

- (5) Change under-clothing, night-shirts, and pyjamas as often as possible.
- (6) Wash the penis with warm water shortly after the sexual act.
- (7) If the organ shows signs of irritation or redness after vigorous use, clean with warm water, dab dry and dust talcum powder all over the glans and corona.

FOR WOMEN

- (1) Every morning and evening wash with clean, cold or warm water, the vulva, paying special attention to the folds and interstices around clitoris and Labia Minora. Dab dry with a clean towel.
- (2) Cleanse the vulva with clean water after each act of urination, to remove all traces of urine.
- (3) In cleaning the anus, do not move the hand from back to front but from front to back.
- (4) Avoid soiling underlinen with urine or vaginal discharges. Change linen immediately it is found soiled, and ordinarily change underlinen, and bed and body linen as often as possible.
- (5) Maintain scrupulous cleanliness during menstruation. Use very clean towels and change them frequently. Cleanse the parts with warm water and change underlinen at least twice daily.
- (6) Never touch your genital organs with dirty fingers. This is very *important*.

- (7) Clean the parts with water after sexual communion.
- (8) When sexual communion is intended, wash the entire pubic region with soap and water shortly before the act, dab dry and apply fragrant talcum powder to the parts.
- (9) Do not take any douches unless advised by the doctor.

Sexual Intercourse during Menstruation—It is a time-honoured custom to refrain from sexual intercourse during menstruation and popular opinion also demands complete abstention. "But it is certainly an open question," writes *Dr. Kossman*, "whether this abstinence be indeed hygienically necessary, or whether we have to do with a primeval but baseless superstition."

On the one hand, we know positively that in females, the desire for sex exercise is at its maximum during menstruation, or at least during certain days of the flow; on the other we know that parts of the woman are congested and tender during this period and injury may result from sexual contact, or that the man may contract a mild form of urethritis if his penis comes in contact with the menstrual blood. What then is the solution to this problem?

Of course, the safest plan is to abstain during the entire period of the flow, but if that be absolutely out of question as in the case of females in whom the flow lasts for 7 or 8 days, and if sexual union is mutually desired, then, instead of resorting to

pseudo-onanistic manipulations, a better plan is to hold sexual communion on one of the days when the flow is scanty. The husband should proceed gently and avoid hurting the wife in any way.

Sexual Intercourse during Pregnancy—The query often arises in the minds of conscientious husbands and wives whether or not it is right to engage in coitus during pregnancy. On this point authorities differ, though most of them have begun to adopt a *via media*. Those who hold against such a practice, do so for four main reasons. First, that, sexually, man is a mere animal, and so he must follow the laws and practices that rule among the animals; second, that, according to their belief, the woman has no natural desire for coitus when once she gets pregnant; third, that abortion may occur if conjugal relations are carried on during pregnancy; and fourth, that there is the risk of puerperal infection if the male organ introduces germs of disease or decomposition into the vagina.

The authorities that permit moderate amount of sex exercise during pregnancy, repudiate these arguments as follows:

First, that it is wrong to suppose that, on the sexual side, man is on a level with the animals; sex in the human family differs pronouncedly from that of the animals, for, whereas among all animal females coitus is impossible except during the period of heat, among women the act cannot only be permitted, but is as much possible or desired at one time as any other; second, that many pregnant women are more than usually passionate during the period of gestation for,

whereas the fear of pregnancy formerly held them back from giving way to their impulses, no such fear exists now; third, that there is very little or no fear of abortion if the husband realises the condition of his loving wife, and is not only very moderate in his demands but proceeds very gently and tactfully: and fourth, that the husband who is faithful to the marital couch, who is scrupulously clean in mind and body, who understands the hygiene of marriage—such a husband will never infect his wife with any germs.

The plain truth is that it is too much to demand from a normal, healthy man complete abstention for a period of twelve months or longer. It is impracticable, if not impossible. It will surely tell upon the man's health, or it may force him into seeking extra-marital intercourse—the most unfortunate state of things.

Therefore, if the man and his pregnant wife are both in good health, and if they mutually desire each other and long for sex exercise during the gestation period, it is perfectly right and wise for them to satisfy their natural common wishes.

Of course, in such exercise, the husband shall have to follow certain rules and take some precautions. When approaching his wife, the husband should be scrupulously *clean* and never drunken; he should proceed with the act with the utmost care and gentleness; the frequency of coitus should go on diminishing with the advance of pregnancy, and conjugal relations should cease altogether when pregnancy has advanced to the seventh month; when pregnancy has advanced to

the fourth month, no attempts should be made to bring the wife to her orgasm ; and the most important consideration is that the man should adopt an attitude which does not permit any pressure to fall on the abdomen of the woman. There are three attitudes which are best suited to the needs of the pregnant woman—which admit of normal sexual relations without the possibility of hurting the woman in her delicate condition. The husband who is soon to become a father, should not fail to obtain, for the sake of his wife's welfare, complete information on the technique of these attitudes.*

Sexual Intercourse during Lactation—Another question that arises in the minds of married people is 'How long should be the repose and abstinence after birth ?'

The customs of different peoples and races on this matter vary very widely. We have nothing to do with these. We will simply confine ourselves to the consideration of this matter from a purely physiological point of view.

Confinement which covers the period from the commencement of labour pains to the time of leaving the bed, lasts for from eight to fourteen days according to the race, region or social position of the patient ; but, provided the delivery is normal, the longest time of confinement is a fortnight. Many women, especially of the poorer classes, resume their marital duties immediately after the confinement. This is too soon, for the genital organs do not return to their normal state

* See the announcement on page 191 concerning the *Ideal Marriage Advisory Bureau*.

in such a short time. The confinement in the medical sense is the interval during which the genital organs return to their normal state, after the stresses and changes of pregnancy and birth. This process is known as *involution* and lasts for from five to eight weeks, usually six weeks. In women who do not nurse at the breast, involution closes with the reappearance of menstruation, which occurs usually from six to eight weeks after delivery.

When the genital organs have come back to their normal state, no harm can come to them if they are made to perform their normal functions. And so, conjugal relations may be safely resumed six weeks, better eight weeks, after the delivery of the child. If a longer abstention is forced upon the husband, it means an unnecessary strain on him.

Of course, the sexual relations will be few and far between, for the woman is nursing the child at her breast and that is already a sufficient strain on her vitality. It is also understood that a second pregnancy immediately after parturition is not desirable, and so conjugal relations should be held with due safeguards.

Belief is widely prevalent that sexual intercourse during lactation alters the composition of milk, rendering it indigestible to the child. We dismiss this question with a quotation from Dr Tenenbaum, "That intercourse should interfere with lactation or alter the composition of the milk is a myth. No such thing has been proven. Lactation is no contra indication to resumption of marital relation."

Sexual Contact in Cases of Illness—There is hardly any need to emphasise the fact that sexual

intercourse should be absolutely avoided when

- (1) Either partner is suffering from some acute disease of the genital organs.
- (2) Either partner is suffering from some chronic genital inflammation.
- (3) An illness of one partner might be caught by the other.
- (4) The vitality of either partner is below the normal on account of illness.
- (5) Either partner is passing through a convalescent period.

CHAPTER XIX

Marital Troubles

Ill-Matched Organs—It is a matter of misfortune, and yet one of not infrequent occurrence, if persons are married who are ill-adapted to each other physically or emotionally. When this condition is found to exist, it should be handled sanely and wisely, and the chances are many to one that the difficulty will be overcome, to the satisfaction of both parties concerned.

On the physical side, the mis-matching usually arises from the fact that the length of the male organ is such as makes the marital act an extremely painful affair to the wife. In such a case as this, especially when, at the orgasm, the two organs are crowded together vigorously, the end of the penis is driven against the rear walls of the vagina, stretching and straining the vaginal passage longitudinally, pressing against the womb unnaturally, and not infrequently pushing it out of place and sometimes rupturing the uterine tract seriously, hence causing all sorts of unfortunate and greatly to-be regretted results.

Fortunately the treatment of this trouble is easy. It simply consists in the adoption of such attitudes in the act of coitus which, though affording perfectly normal intercourse, do not permit a too vigorous union of the copulative organs. When this trouble is found to exist, the husband should

not fail to avail of the necessary information on points of technique.*

In certain pairs, a contrary condition is met with, i.e. one in which the vagina of the wife is too roomy for the rather diminutive organ of the husband.

Though there are many local applications, as well as scientific instruments, which promise an increase in the size of the organ, yet such an increase may not be so pronounced as to meet completely the exigencies of the case. And so, to make the best of a bad case, recourse may be had to these local applications as well as to such attitudes in coitus as admit of the most complete union of the copulative organs. Those in trouble may seek the necessary information from the 'Ideal Marriage Advisory Bureau.'

III-Matched Sex Desire—It is unfortunate if people are married who are ill-matched in regard to their sex desire, especially so if the difference between the two is of a pronounced nature.

Evidently there can be two kinds of such cases—first, when the husband is very amorous and virile while his mate is unable to engage in the act as often as he desires, and secondly, when the wife is much more passionate and virile than the husband. The latter case is far more deplorable than the former, for the wife would quickly wear out the life of her husband by the excessive calls she would make upon him for sex-gratification. And certain women are in reality very strongly sexed. Ellis states that the Queen of Aragon ordained that six

* See the announcement on page 191 concerning the *Ideal Marriage Advisory Bureau*.

times a day was the proper rule in legitimate marriage. So abnormally sexed a woman would wear out a dozen men during the period of her sexual life. An over taxed man runs to pieces much faster than an over-taxed woman on account of the fact that the man must spend at least once every time his wife calls on him. This draws out his vital fluids, consisting of plasma, phosphorus and calcium, at every embrace, but as has been stated, there is no escape of vital fluid from the woman when she spends, and so she can reach and pass the orgasm, time and again, and still not have her vitality taxed.

In the former case, the best should be made of the situation, the man accommodating himself to the incompetency or inability of the wife, and the wife doing all that can rightly be done to strengthen and develop her infirmity.

If this is done, the chances are many to one that as time goes on, the parties will grow more and more alike—the stronger becoming more docile and the weaker one more robust. Take time; let love rule and everything will be conducive to the happiness of both the parties.

In the latter case, simply to make the best of a bad bargain, recourse may be had to *coitus reservatus* which consists in uniting the organs together and refraining from movements. Discharge of semen is not the *desideratum* here. While the husband keeps passive, the wife may work herself into relief by a little movement.

Premature Ejaculation—A very frequent cause of married dissatisfaction is the fact of the differ-

ence of time that it takes for the husband and wife to come to the climax. The act of coitus cannot be considered complete unless the wife either precedes her husband or is with him in reaching the climax and experiencing the soothing effects of sexual orgasm. But as things are to-day, it is scarcely an exaggeration to say that, in the majority of cases, coitus is a one-sided affair—one in which the husband gets all the satisfaction and the wife little or none—a most unfortunate state of affairs immediately for the wife and in the long run for the husband too.

As a rule, women are slower in reaching the orgasm than are men. This is not always so but it is generally the case. If, added to this, the man suffers from prematurity, the situation is bad enough indeed. For, after the husband has passed the orgasm, it is, in most cases, impossible for him to continue the act, right then and there, and bring his wife to the climax, if she has not yet arrived, from the fact that, with the expulsion of semen, usually detumescence of penis quickly takes place, and the organ is incapable of satisfying in this condition.

And so, if the husband has an orgasm first there is no possibility of the wife's reaching the climax at that embracement. This leaves her unsatisfied and all her sex organs congested. On the other hand, if the wife comes to the orgasm first, her vulva and vagina detumesce but little and that very slowly, so that it is perfectly possible for the husband to continue his action and come to the climax.

Under these conditions it is easy to see that, where the husband is always swifter than his wife, nothing but disaster can result. With her nervous system in full excitement and her genital parts in full tide, she will be so left on "edge" that sleep for her would be impossible for some hours at least, and while, through the complete relaxation of his nervous system the man sleeps a sound sleep, the woman will brood over him with bitter and jealous envy, and hate for the man who has failed to relieve her of nervous tension, is sure to spring up in her breast. Again, this sleeplessness and unrelieved nervous tension tell upon her health and medical men are unanimously of opinion that, in eighty per cent. cases, neurasthenia and hysteria in married women are due to this cause alone. In fact, it is indispensable for the woman to have, at least, occasional orgasm in sexual unions for the full development of her health and all her powers.

The treatment of prematurity is not a simple and easy affair, and the sufferer shall have to adopt different measures at different times to overcome his infirmity.

The art of courtship may be so cultivated that, in the first part of the act, the wife is not only caught up with, but is ahead of her husband in the state of her feelings. When this is the case, there is every probability that the wife will reach her climax as quickly as her quick timed husband.

It is possible for every man to retain for a greater length of time through the exercise of will power, retaining of breath, contraction of anus, alternate activity and passivity, or concentration

of thoughts elsewhere. If these artifices are carefully cultivated, the man may be able to retain for such a length of time as to make his climax synchronise with that of his wife.

In very many cases, the final reflex in the woman receives its signal when the first jet of seminal fluid comes in contact with the vaginal walls, and from that time on it takes less than a minute for the woman to arrive at her complete orgasm. Therefore, a very effective plan is for the husband to continue, after his reaction, the union and the movements appropriate to it *without a break*, and he will find to his great satisfaction that, within a few seconds, his partner will reach her climax.

In some men, the coital attitude most commonly adopted is unfavourable to long retention. Therefore, those suffering from prematurity will do well to try other attitudes, and it is probable they may discover a more suitable one.

Over sensitiveness of the glans is sometimes directly responsible for premature ejaculation. An effort should, therefore, be made to harden the glans by washing it with lotions given in the last chapter of this book.

Benefit may also be derived by the use of certain foods and vegetable products. These have been described in the last chapter.

If all these artifices fail, then the only practical solution, and one that works successfully in almost all cases, is to hold a second union shortly after the first. Thus, if a man is used to having two unions in a week at intervals of three days, instead

of this he should hold two unions on the same day or on two consecutive days in a week. Such is the advice of the great gynaecologist, Dr. Velde:

"After a few days or longer period, of abstinence, the man often has ejaculation so soon that the preceding stimulation is not enough—or only just enough—to gratify the woman. In these cases, coitus will give both partners *relief*, but a minimum degree of *specific pleasure*, and is therefore inadequate as an *expression of their love*. *But nothing is more fatal to love as disappointment in sexual intercourse!* So the first relative failure may be redeemed by a prompt repetition of communion. Whether this should occur immediately, or after an hour or so of repose, or on the next morning, depends so much on masculine potency, on mutual inclination and on so many other factors besides, that a system cannot well be propounded or definite advice given."

Frigidity in the Wife—It is indeed sad if a normally-sexed man be married to a frigid wife who may offer her body to the husband as a marital duty but would take no interest in matters of a sexual nature. The frigidity may be psychic or physical—the outcome of wrong teaching or malformations of the genital organs. In the former case, an intelligent and a patient husband will almost always bring the wife round through his assiduous wooing, but the latter case presents unsurmountable difficulties. The best course then is divorce, as it also is when an under-sexed man gets married to a passionate woman.

CHAPTER XX

Children at Will

For considerations that need not be discussed here, it is becoming imperative day by day that children should come by *choice* and not by *chance*. As at present known to science, the measures to work out this end are being given in this chapter. All the methods aim at holding sexual relations in such a way that there is very little or absolutely no chance for the spermatozoa to meet the ovum. The merits and demerits of different methods have also been explained, and it is hoped that, should he ever stand in need of adopting them, the reader will not fail to pick out the best methods of birth-control to meet his requirements.

Withdrawal. This method, which is only to be employed on those rare occasions when no other method is available, consists in quickly withdrawing completely out of the vagina just when the husband feels his semen about to escape. But not a single drop must touch even the wife's external genitals, otherwise she *may* become impregnated. In the event of further intercourse being desired within twenty-four hours, the husband of course must wash himself thoroughly and with the foreskin drawn back.

On account of its leaving both the husband and the wife greatly dissatisfied in the sexual act, withdrawal or *coitus interruptus* is very likely to produce nervous disorders if practised frequently.

Karezza This is also known as *coitus reservatus*, and consists in keeping the organs united as long as erection does not subside and holding back emission of semen by using will power It is a passive form of coitus, or a sort of embrace with the wife in which the sexual organs take a part

The method not only requires a considerable amount of will power to practise it successfully, but is also a source of nervous troubles and disorders of the prostate

Use of a sheath A sheath, also known as a *condom* or a *french letter*, is a circular, rubber tube closed at one end When worn over the male organ, it covers it in much the same way as a glove covers a finger

When a sheath is used by the male, there is no chance of the woman being impregnated if there was no hole in it or if it has not torn or burst during coition To prevent these accidents (1) only reliable qualities should be used (2) they should not be used too often, and (3) they should be washed with cold water, dried, powdered inside and outside with french chalk, and kept in a dark and cool place, after each use To facilitate entry, Hazeline snow may be coated over the sheath or the woman may moisten her parts with soap lather

Sheaths may be obtained in chemist's shops It is better to get them on the larger side, for they shrink after each occasion A good condom will generally last six to twelve times but never have only one at hand Before using a condom see that it has no holes in it This may be done by blow

ing air into it, or filling it with water, or else by holding it against light

When the condom is put on, a space must be kept at the closed end to catch the semen, and air bubbles should be pressed out when the condom is unrolled on the penis. If it is found that the sheath has burst during coition, it is imperative for the wife to take an injection or insert a chemical pessary in her vagina to kill the sperms that have escaped into it.

An American Tip is a modification of the French letter, which, when worn on the organ, simply covers the glans penis. Its use cannot be safely recommended since it is frequently peeled off the organ during the movements of coitus.

Use of a Check Pessary—A check pessary is an indiarubber, conical shaped cap with a hollow or solid rim. When introduced into the vagina with its open end forward, it fits on the neck of the uterus in the same way as a thimble fits on the finger and thus it prevents the entry of sperms into the uterus.



The check pessary is manufactured in three sizes—the big, the medium and the small, the first one being meant for females who have borne five or six children, the second one for those

who have had one or two deliveries, and the third one for the nullipara. It is advisable that on the first occasion, the check pessary be fitted by a doctor or a nurse trained in the art.

We need not explain the technique of fitting up the pessary, as detailed and illustrated instructions for its use accompany it from wherever it is purchased.

The chief advantage of the pessary consists in its allowing the act of coitus to run a normal course, or as Marie Stopes puts it, "It offers the very minimum of interference with the romantic side of the sex act." It may be fitted up by the wife in the evening and left in place overnight. It is removed in the morning when it is advisable to take a cold or warm water douche.

If properly fitted and followed by a douche, the check pessary makes a harmless, convenient and reliable contraceptive.

To make it a more effective contraceptive, some grease may be placed in the hollow of the pessary. When the pessary is fitted, the grease will stick on to the mouth of the womb, thereby precluding every possibility of sperms entering into that organ.

Use of a Dutch Cap—In some females, the formation of the neck of the uterus is such as does not allow the check pessary to be fitted upon it. When this is the case, or when the pair consider it beyond their understanding to fit the cap properly, recourse may be had to a *Dutch Cap*.

The dutch cap resembles a circular, shallow cup in shape, and is much bigger in size than the check pessary. It is manufactured in a great many ranges of size—the internal diameter ranging from 4 cm to 10 cm—but sizes 6 cm to 7.5 cm are in common use.

In selecting the size, the aim should be to obtain

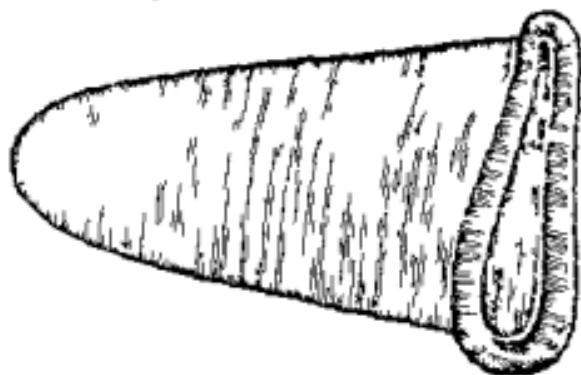
the biggest size that can be used without causing any discomfort to the wearer.

The dutch cap is placed in the vagina with its hollow side facing outwards so, unlike the check pessary which fits on the mouth of the uterus, the dutch cap is intended to block up the whole end of the vagina immediately in front of the uterus. Other precautions are the same as those in the case of the pessary.

Use of a Sponge—Where the employment of a pessary or cap is out of question, the woman may have recourse to an ordinary sponge.

A piece of clean, soft sponge, about two inches in diameter, should be soaked in water or alum lotion. After squeezing out the water, the sponge should be placed in the vagina, before coitus, as far up as it will go. The idea is to block up the passage in the vagina in front of the uterus. The sponge is not a sure contraceptive, but lessens considerably the chances of impregnation especially if it be followed by a douche.

Use of "The Female Sheath" 'The female sheath



The Female Sheath

consists of a broad inflated rim with a big condom like sheath of rubber attached to it. The sheath is introduced into the vagina and acts as a lining to the vaginal walls.

compared to the condom which acts as a covering for the penis.

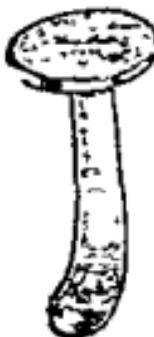
The sheath is lubricated both inside and outside before use. It is easy to fit and is *the most sure* contraceptive, but it hinders the sexual pleasure to such a great extent, that the act of coitus is little better than masturbation.

The use of the sheath is recommended to the woman for her safety, when her husband is suffering from V. D. but would not care to use a condom.

Use of Metallic Pessaries—Metallic pessaries consisting of small stud-like caps and tubes and

fitting into the mouth of the uterus, are extensively used in the west as contraceptive appliances; but their use has not yet extended to India.

Use of a Syringe—Washing out the vagina with a syringe immediately after coitus has been considered a harmless way of avoid-

The Stud Pessary
ing conception; but, to say the least, the method is not absolutely safe, in that there is the possibility of the sperms reaching the interior of the womb before douching is resorted to.



The Gold Pin Pessary

Use of Chemical Pessaries—Various chemicals having the power of killing the sperms are employed, in one form or another, as contraceptive articles. A very simple plan is to soak a wad of cotton in 3 per cent. solution of carbolic acid in glycerine and

place it in the vagina shortly before coitus. Sperms coming in contact with the carbolic acid solution are killed instantaneously.

Chemical pessaries in every possible form and shape are found in the market in these days. Of these, perhaps the best one is *Specton*. It is of German manufacture, and is in the form of dry, hard, sweet smelling tablets which, unlike greasy pessaries, are unaffected by heat. It is easy to use, does not hinder the sexual function in any way, and is a reliable contraceptive.

Quinine incorporated in cocoa butter is frequently employed as a contraceptive pessary.

Use of Internal Medicines—There is so much of talk and advertisement of medicines the internal use of which would safeguard a woman against conception; but, so far as medical evidence goes, no medicine is known that is absolutely harmless and a reliable contraceptive at one and the same time.

Surgical Sterilisation—In man, the vessels that conduct spermatozoa from the testes to the exterior are known as *vas deferens*. Surgical sterilisation in man is effected by removing an inch or two of the *vas deferens* on each side, and ligaturing the open ends. The operation is easy and simple, and does not exert any bad influence on the general or sexual health of the patient whose potency and pleasure in coitus remain unaffected.

In a like manner, the female is sterilized by removing a portion of the fallopian tube on each side. The menstrual cycle and the sexual desire remain unaffected after the operation.

Coitus during the 'Safe' Period—The ovum, after its detachment from the ovary, if it fails to become impregnated, is expelled by the uterus about two weeks after the commencement of menstruation. This has given rise to the theory that if intercourse is confined to the latter half of the month, conception cannot occur owing to there being no ovum in the uterus. The theory holds good in a certain percentage of females but not in all; and consequently, reliance on this method has resulted in thousands of pregnancies where both parties to the sexual act thought they were taking adequate precautions against conception.

Prolonged Suckling and Passivity in Intercourse—The idea is very ancient that, so long as a woman continues suckling or if she maintains complete passivity in the act of coitus, she is safe from impregnation.

Either of these methods is absolutely unreliable as a contraceptive, and reliance on them has also resulted in thousands of unwanted pregnancies.

Physical Exertion—The most primitive method of birth control consists in the expulsion of the semen by the female, immediately after connection, by certain physical movements—jumping, sneezing, sitting and standing repeatedly. Tairi reports that women of the poorer classes in Italy sit upright in bed immediately after intercourse, and by coughing, in conjunction with pressure on the abdomen, effect the expulsion of the semen. There is hardly any necessity to add that the method is absolutely unreliable.

CHAPTER XXI

Boy or a Girl at Will

The need for a balanced family is recognised in almost every country and every home.

In the first place, an approximately equal number of boys and girls are required to perpetuate the human race; and, secondly, when boys and girls of about the same age are brought up together in the relatively unsexed intimacy and freedom of early childhood, it normalises their sex life and equips them for better citizenship.

A girl is an embodiment of gentleness, love, piety, purity and humility, and through her chastening influence, the boy learns to get better hold of his rough, unruly, violent and often barbaric nature. A boy is an embodiment of strength, courage, endurance, hardness and fearlessness, and when a sister frequently witnesses these masculine qualities of her brother coming into play, it helps her to shake off her shyness, timidity, squeamishness and readiness to yield.

A daughter is the true companion of her mother and no son can ever fill up her place. She helps her mother a lot in managing the house and in bringing up the younger family. She is an ideal nurse when attending her parents in their sickness.

A son can safeguard the interests of his parents better than any daughter. He can stand by their side in their helpless old age and help them physically and financially.

But, unfortunately, a reasonable balance of the two sexes is not met with in many homes, while one couple get only male children, there is a preponderance of females in the other. This is why the question of sex-determination has occupied the human mind in all ages.

Hundreds of theories for sex determination have so far been advanced, but the plain truth is that, as yet, we do not know *one certain rule* of governing the sex of the future sex. Of course, there are methods which have yielded anywhere from 80 to 90 per cent results, and the best we can do is to follow these methods to secure the desired sex in the coming child.

We now give, in their order of importance and efficiency, the different theories of sex determination.

1 *Dawson's Ovular Theory*—At intervals of a lunar month, an ovum is discharged alternately from the right and left ovary of the adult woman. The sex of the foetus is *not* due to the male parent, but depends upon which ovary supplied the ovum which was fertilised and so became that foetus. The male foetus is due to the fertilisation of an ovum coming from the right ovary, the female foetus is due to the fertilisation of an ovum coming from the left ovary.

2 *Thury's theory of Cross Heredity*—The ovum is *male* and the spermatozoon *female*. The ovum goes on ripening in the uterus for a fortnight after its arrival there, and the incorporation of sperms with a perfectly ripe ovum results in a male issue and reversely.

3. "*The Superior Opposite Theory*"—"Orgasms subject to the highest tension of sexual passion at the moment of the procreative act, produce offsprings of sex opposite to their own" i.e. during the sexual union which results in impregnation of the woman, if the woman is more excited sexually, the result is a male child and reversely.

4. *The "Chromosomes" Theory*—If an ovum or spermatozoon be seen under the microscope, it reveals the presence of a definite number of tiny coloured granules, known as the *Chromosomes*. When the male and the female cells unite, the chromosomes divide and pass on to the two opposite sides. But when this dividing process is complete, there remain in the centre one or more chromosomes which present a different appearance from the rest. These are known as X-chromosomes. The number of these chromosomes is supposed to be a sex determinant. But this theory does not suggest any means to control the sex of offspring. It simply discloses the fact that the question of sex determination is in the hands of nature.

5. If coitus is had at a time when breath in the male is flowing through the right nostril and that in the female through the left nostril and impregnation takes place, it will result in a male issue and reversely. *Ayurveda*

6. Turning by the woman on to her right side after coition to ensure semen falling into the right side of uterus, produces boys and *vice versa*.

Avicenna

7. There are two phases of the moon each of a fortnight's duration i.e. the bright fort-

night and the dark fortnight. If impregnation occurs at any time during the dark fortnight, it will be a male conception; if during the bright fortnight, a female conception.

8. The secretion of the right testicle plus that from the right ovary together produce boys and reversely. *Anaxagoras* and *J. Henke*.

9. If the fertilising spermatozoa come from the right testicle, the foetus is male; if from the left, a female.

10. Counting the days from the day on which menstruation commenced, if impregnation occurs on even days, it results in a male issue; if on odd days, in a female issue.

How Should You Proceed—In the presence of so many theories, the question naturally arises as to how one should proceed so as to avoid all possible risks of a failure. The importance of this question can hardly be over-estimated for, in some families, the question of having a boy or another daughter is so acute that a failure to achieve the desired result would be nothing short of tragic.

So the best thing to do is not to cling to one theory alone but to combine a number of such theories as have received support from scientific men and have given good results. Supposing you have had a number of girls and wish your next issue to be a male child, then the following procedure would be most helpful:

(1) To abide by the "Dawson's Ovular Theory", you should hold sexual relations with your wife only in those months in which you know she has a male ovum in her womb. This you can find out

through calculation as illustrated below. In other months, either abstain altogether or have recourse to some reliable contraceptive. Sex-control should go side by side with birth-control.

*Illustration to show how to work out "Dawson's ovarian Theory"—*Mrs. X has her periods usually regularly at intervals of 28 days. She gives birth to a daughter on the 16th of January, 1929. Both she and her husband wish that their next child should be a boy. To secure this end they should proceed as follows:

Counting back 280 days from January 16, 1929, we arrive at April 10, 1928. This is the day on which Mrs. X was most probably impregnated. Find out from the diary the exact day of the commencement of menses immediately preceding the 10th of April. Supposing it is the 4th of April, 1928. The ovulation in Mrs. X on this date has occurred from the left ovary since she produced a girl as the result of her impregnation on subsequent date within that month. As the periods occur in her at fixed intervals of 28 days it is easy to calculate when she would have male or female ovum in her uterus, for instance, on the 2nd May, 1928 (*i.e.* 28 days after the 4th April of that year) she would have a male ovum, and on 30th of May a female ovum, and so on subsequently, and as each ovum usually has its existence in the uterus for 16 days, the husband knows when to avoid them according to the sex of the child desired.

The calculations given above are to be made continuously even if menstrual periods be absent in consequence of pregnancy or lactation.

Had Mrs. X been getting her periods at intervals of 21 days or 30 days (which is not a rare occurrence), the divisions of time would then be made according to these intervals and not 28-days intervals.

(2) Seek your wife nine days after the commencement of menstruation. The tenth and the twelfth day are the best for the purpose.

(3) The wife should be fully prepared for this meeting. She should be made to think that the coming union is going to materialize her hopes of getting a son. This should make her happy and seek her husband with an ardent desire for sex exercise.

(4) If, on this particular day, the husband observes a fast, while the wife takes nourishing diet, it may help matters still further.

(5) The wife should lie to the left side of the husband so that, when the two have been lying face to face for some time, the breath may automatically flow through the right nostril in the man and through the left nostril in the woman.

(6) After the act, the wife should not get up from her bed but should turn to her right side and continue lying in that position as long as she can do so without any discomfort.

CHAPTER XXII

Miscellaneous Topics

OF NO SMALL IMPORTANCE

Honeymoon and After—When two young persons join hands together thenceforth to embark in the sea of life together, they both expect pleasant sailing on smooth waters, little realising the difficulties and obstacles, the troubles and trials, that lie in wait for them. But remember, "matrimony represents, not a safe harbour, but the open sea of life".

After the first glamour of honeymoon, there comes, in the life of one and all, a difficult time—yes, difficult to a more or less extent—for that is the time of mutual adjustment—adjustment in big as well as small matters.

What! To dance attendance on the fancies of your partner at the expense of your own needs and requirements—and to do this, week in and week out, month by month, and year after year—do you consider this an easy job?

Just think. All day long, Rao has been counting the time by minutes to attend the evening lecture at the theosophical lodge and Gauri says he must take her to the new film that very evening, though the film has to run for a week, or that Gauri would better allow four seers of milk to run over the kettle rather than take off her eyes from the last few pages of her all-absorbing novel, and Rao

persists she must immediately put a stitch on one of his socks, the new pair of which cost him three annas. Storms in tea cups! But it requires the efforts of a *manly* man and a *womanly* woman to prevent such storms from blowing.

The first few years of married life can never be other than a difficult period, and those alone that know that "adaptation to environment is life—want of adaptation is death", will sail clear of the rocks.

OMNE ANIMALE POST COITUM TRISTE—This is a Latin proverb meaning that "every animal is sad or depressed after coitus".

We cannot say whether or no the proverb holds in the case of animals, for it is not given to man to judge the feelings of the lower creation by their face, but certain it is that the effect of normal coitus should be, and is, different from what is implied in the proverb. If the instructions imparted in this book are carried out in detail, the feeling after coitus must be one of "buoyancy, stimulation, springiness, brightness of mind and of eye, a desire to work and the capacity for work". There may be a temporary languidness but that soon passes away with a little rest and does not interfere with the after-effects of coitus as just mentioned.

There are persons who always feel repentant after the sexual act and blame themselves for having indulged in the act. These poor, unhappy souls are the victims of a wrong system of teaching. The vicious idea that "coitus is unholy, sinful, repression of the sexual instinct is sacred and virtuous" has been ingrained into them from their

very infancy. It is time that such teaching and such ideas be thrown overboard and the preacher of such ideas simply meet with derision. For, normal and legitimate coitus is the holiest of holy and the most sacred act. It brings health, it brings peace, it safeguards a man from going astray, it creates love and harmony in family life, it cements two souls together as no other action does, and above all it leads to the procreation of the human race.

Therefore partake of a reasonable amount of sex exercise joyfully, cheerfully and feel happy after you have taken it

Sterility—"From the standpoint of sexual ethics," writes Dr. August Forel, "the ideal marriage is undoubtedly a monogamous union, resting upon mutual and enduring affection and loyalty, and consummated by the birth of several children." It is therefore sad when a marriage is not fructified with children for a number of years. On an average, the first child should be expected within sixteen months after wedlock

Through ignorance, the blame for sterility is too often laid at the door of the woman, though this is far from the truth. In fact, man can be, and is, as much responsible for sterility as his partner.

On the man's side, the causes of sterility are *Aspermistism*—inability to discharge any semen in coitus, *Azoospermatism*—absence of spermatozoa in the seminal fluid, impotence, malformation of the sex organs, venereal disease, after effect of mumps.

On the woman's side, the causes of sterility are absence of, or an infantile condition of, the generative organs, displacement of uterus, extreme narrowness of the uterine orifice, corpulency, leucorrhœa, venereal disease.

There is a form of relative sterility in which the wife gives birth to one child, and thereafter remains barren. The treatment of this form of sterility is receiving the attention of medical authorities.

When a couple remain childless in spite of all well-executed efforts to procreate, either party should undergo a thorough medical examination in order to ascertain the exact cause of sterility. If the cause is such as is amenable to treatment, there is no reason why the couple should not be the parents of several children.

Not infrequently, cases are met with in which the man possesses a normal amount of seminal fluid rich in active spermatozoa, but has lost the power of erection entirely or partially, and the sterility arises from the fact that the man cannot place his vital fluid in the vagina of the wife. Such cases are quite hopeful so far as the procreation of children is concerned, for modern science has devised appliances which make the intromission of the limp or partially-erect penis perfectly possible.

Artificial impregnation in which fresh, healthy semen, obtained from a man other than the husband, is syringed into the uterine tract of the woman, has been tried with success, but we need not dwell upon this topic, as the Indian code of morality would not admit of such a practice.

Race Improvement—It should be the religious duty of every married couple to improve the human race by improving the quality of their own offspring. How to do this adequately is a long subject that requires a book in itself, but a few remarks may not be out of place.

Conjugal relations should invariably be held at a time when both the parties are in the best of their health and best of their spirits. Throughout the period of gestation, the woman should be saved from mental excitement, shocks, worry and grief; she should keep in good, healthy surroundings and fresh, open air, and occupy her time with physical and mental recreations or in the discharge of such household duties as are pleasant to her. She should not neglect her daily exercise, and should see that her bowels keep clear.

And one thing in particular about the diet of the pregnant woman. The great prevalence of tooth troubles in children, or in women immediately after child delivery, is a self-evident proof of the insufficiency of natural salts in the dietary of pregnant females. Therefore see that the food of the would-be-mother is rich in calcium, iron, phosphorus. Just give her plenty of milk, fruits and vegetables and that practically solves the whole problem.

Twins—People are curious to know how twins are born and whether it is possible to avoid them.

We have seen in the first chapters that, usually, a single ovum is discharged by the right or left ovary of the woman every month. The impregna-

tion of this one ovum means the birth of one child. Now it sometime happens that two ova are discharged simultaneously, or a single ovum divides into two on reaching the uterus, when this occurs, then if both the ova get impregnated, the woman must give birth to twins. Similarly we can account for triplets or quadruplets which are only a very rare occurrence. No means are so far known to avoid the birth of twins.

Perversion of the sexual instinct—The natural sexual instinct in man is the hetero-sexual instinct, i.e. the desire to copulate with a member of the opposite sex in a manner that tends to the procreation of the human race, but persons known as perverts, exist—men as well as women—who find sexual gratification not in hetero-sexual union but in certain other contacts and actions which are known as sexual perversions. The sexual pervert is very seldom a criminal, he is generally the victim of a mental disease or malformation of the brain.

The subject of perversions is not an agreeable topic and I would have gladly skipped over it, but for one reason and it is this.

Sexual perversion is a disease that is both contagious and congenital, therefore every intelligent man should see that a pervert does not mix with his dear ones, much less marry them. But how is the layman going to distinguish between a pervert and a normal man if he has not heard the term 'perversion' in his whole life? It therefore becomes imperative to give in a book like this a bare

idea of what sexual perversion is and in what different forms it manifests itself Here is a brief *nom enclature*

Satyriasis—Insatiable sexual desire which will force a man even to commit rape The desire is as great or almost as great after intercourse as it was before it

Nymphomania—Insatiable sexual desire in a woman, which may be so great as to lead her to seek houses of prostitution

Inversion, also known as Homosexuality—The instinct to seek sexual gratification through physical contact with a member of the same sex—male with male, female with female This is the most common of all perversions

Fetishism—Attaching a high sexual significance to an inanimate object belonging to the female—shoe, stockings, kerchief, lock of hair, etc etc

Sadism—The passion to inflict pain on the be loved, even to the point of drawing out blood This is usually met with in men

Masochism—The desire to be maltreated by the sexual partner

Bestiality—The desire to seek sexual gratification by holding sexual relation with animals

Narcissism—Love with one's own body

Exhibitionism—The desire to exhibit his or her genitals, particularly to members of the opposite sex

Pygmalionism—Excitement of sexual desire by the sight of, or physical contact with, statues and figures

Necrophilism—Sexual desire for dead bodies.

Voyerism—Seeking sexual gratification by watching the act of coitus performed by others.

How Late in life can the Sex Organs Function—The question is sometimes asked as to how late in life can the sex organs function. Here, as elsewhere, the reply can only be that it all depends upon the individual. But this is true that, as a rule, the status of the individual during the years of active life will persist, even to old age, if the sex functions are used and not abused. There is no function of the body, however, which will go to pieces quicker and ever after remain a wreck, as will the sex organs, if they are not treated rightly.

This works both ways. If too rigorously held in check, if denied all functioning whatever, the parts will atrophy to the detriment of the whole nature, physical and mental. The body will become dried up, the sex organs shrivelled, and a corresponding shrinking of the whole man or woman, in all parts of the being, is very apt to follow.

On the other hand, an excess of sex functioning will soon deprive the individual of all such power whatsoever. A man will in his comparatively early life lose the power of erection or tumescence entirely, as a result of excess, either by masturbation or from too frequent coitus, and on the part of the woman, many unfortunate conditions are liable to arise.

But if the sex nature of the husband and wife is well cared for during the years of active life, neither too much restrained nor too profusely exer-

cised, the functioning power of the sex organs will remain, even to old age, with all their powers intact.

A woman loses the power to conceive when she reaches the turn of life, when her menses cease, and this occurs somewhere between forty and fifty years of age. But this does not mean that, from that time outwards, she has no desire for coitus, or that she will derive no pleasure from the sex act.

If a wife is a normal woman sexually, and has neither abused her sex nature nor had it abused or neglected, and is a well woman, she will enjoy coitus as much when she is three score or so as she did before, although she may not care to engage in the act as frequently as in her younger days. What is true of her is true of her husband if he is well preserved as she is, has never abused himself or been abused.

This is a reward of virtue that pays a big premium on righteous sex-action in earlier years! More than all, it is proof, beyond all question, that the purpose of sex in humanity is something more than procreation.

Abortion—It is sad to chronicle, but being a fact must be chronicled that, with the advance of civilisation, the practice of abortion is rapidly on the increase. At least, the situation in Europe and America is bad enough indeed, as abortifacient drugs under a disguised name are being sold there freely. In some cases these drugs fail, in other cases they work, but take it as an absolute fact that

"the dose of any drug that is sufficient to induce abortion is likewise sufficient to put the life of the woman in serious jeopardy". Therefore, it is no excuse that, because the health of a woman is somewhat below normal, she should resort to abortion instead of having a full time delivery. The latter is a natural process and therefore a safe process—at least it is many times safer than abortion. Therefore, if you truly love your partner, and wish to see her healthy and in full possession of bodily vigour, never try to induce an abortion in her

Incontinence of Urine—Some children and even grown up boys and girls are in the habit of passing urine in their sleep, technically known as bed wetting. There is an intimate connection between incontinence of urine and sexual debility as the two will either exist side by side, or one leads to the other sooner or later. Bed wetting implies the atony of genito-urinary tract while sexual weakness is also an expression of the same condition. Therefore, whenever this trouble is found to exist, whether in a child or a pubescent boy or girl, prompt measures should be taken to check it and bring about a complete cure. Dr Robinson lays great stress upon this point.

"The relationship between incontinence of urine in childhood and sexual weakness in later life is not merely of academic interest, it has a deep practical significance, and its lesson is that every case of incontinence in a boy should be treated persistently until the boy is cured. By neglecting incontinence

you may be marring the whole future life of your child. Urinary incontinence is a signal that the boy's genito-urinary apparatus is not in perfect order, and it is a sin not to heed the signal.

Of course nocturnal enuresis in girls must also be treated energetically, as it is here also an expression of a neurosis. While it may not spell impotence, it often portends masturbation and sexual neurosis.

Every case of bed-wetting in boys and girls can be cured. But threats and the proper remedy."

CHAPTER XXIII

Medicinal Help

The natural methods of treatment described in Chapter XII are enough in themselves to cure almost every case of sexual debility, but, sometimes, the patient has a sort of craving to assist the natural treatment by some medicine—internal or external. It is just to satisfy the craving of such patients that I give below a brief description of a few medicines, of the *absolute harmlessness* and efficacy of which I am sure. If a drug is at all to be used, I think it is better for very many reasons to have recourse to any one given in the following than to go in for an advertised drug, the composition of which is unknown to you.

Allopathic medicines—The allopathic medicines for sexual debility are strychnine, cantharidine, Yohimbine, damiana, phosphorus, nux vomica, etc. To say the least, it is best to leave the administration of these in the hands of a qualified physician. In no case should the layman handle them.

Of late years, organo chemical preparations under different names have come into the market. So far as practical experience with them goes, they are found to be no panacea for sexual debility, but one who does not mind their heavy cost may give them a trial.

External Treatment (Allopathic)—The best I could do is to quote the homely treatment chalked out by that eminent sexologist Dr. Robinson, in his book "Sexual Impotence".

"I often prescribe external applications to the penis. A stimulating ointment appeals to be beneficial. The following formula has been prescribed by me for many years

R Camphorae.	gr v
Oleoresinae capsici	gr ii
Olei sinapis	gtt ii
Petrolati:	3 ii

A very small quantity (about the size of half a pea) is rubbed in around the root of the penis at night. The sensation of warmth lasts for a long time and in cases of frigidity or diminished libido exerts a beneficial effect.

The penis is to be washed off in the morning with soap and water, and some talcum applied, so as to avoid irritation.

I was told by two or three patients that a druggist was selling an ointment which was very good for impotence. As I am not in the habit of sneering at anything without investigation, and as I always like to consider suggestions no matter from what source they may come, I investigated the matter and found that it was an ointment made from crushed and strained garlic and lard. A small quantity of this was rubbed into the penis and on the back and while the result is of course temporary, it is undoubtedly beneficial.

There are various mechanical appliances which are used on the genitals with apparent benefit. One consists of a vacuum pump and cup both the penis and scrotum are enclosed in the cup and a partial vacuum is produced which is maintained for 10 minutes to half an hour. I cannot exactly see the rationale of the action of this passive hyperemia, but Zabloudowsky of Berlin claimed good results with it, and my patients say they are benefited by it and ask for it. Another little appliance is for the penis alone this I have not found so useful though where the organ is very shrunken its use is not irrational.

No sufferers are so afflicted with credulity and gullibility as are the victims of sexual impotence and the market is flooded with various appliances which are guaranteed to be sure cures. It goes without saying, that most of them are worthless frauds. One of the worst of these frauds

is a certain little appliance which the manufacturers have had the impudence to call Bier's Erectruss, thus giving the impression that the thing has Prof. Bier's approval, or is his invention. I have met intelligent physicians who really thought that Bier recommended that piece of iron wire in sexual impotence. It costs the manufacturer about 5 cents apiece, and they have the hardihood to sell it for \$10 list, or to physicians for \$5. And there are medical journals, which are advertising this fraud. But I am sure that most of them are doing it through ignorance. Did they know the worthlessness of the thing, and the questionable methods of introducing it, they would throw it out of their pages instantly.

The "back" also needs treatment. For this we use one of several applications My two favourite ones are

R Chloroformi	oz 1
Tr. Belladonnæ	3 vi
Tr. Capsici	3 ii

Sig. Paint spine with camel's hair brush.

R Camphorae	3 ss
Chloralis	3 ss
Pulv Capsici	3 i
Ol. Sinapis	gtt x
Petrolati	oz 1

Sig. Apply externally to back with vigorous friction

Painting the back with pure chloroform until there is a sensation of lively burning is also good

Massage of the back, vibration and concussion of the spine are decidedly useful

Touching the skin over the exits of the spinal nerves with a red hot wire or with the electric cautery may seem a cruel and antiquated method of treatment So it is Nevertheless I make use of it occasionally in certain classes of sexual patients, where it is necessary to make an impression. The stimulating effect of acupuncture and electropuncture is undeniable Dry cupping of the back is also a very beneficial and grateful procedure, unfortunately the old fashioned cupping is now a lost art

Electricity. What I have to say about electricity will probably be surprising to many who have come to regard this wonderful and mysterious force as a panacea in a long list of diseases, particularly of a neurotic character. Far be it from me to say that electricity exercises no beneficial effect in impotence. But I do mean to say that the benefit derived from electricity is less than from almost any other method. And it is hardly worth the outlay and the trouble. And I am not sure that even the little benefit derived therefrom is not largely of a suggestive character. And this is how I explain why electricity *used to be much more effective in former years than it is now*. Two or three decades ago it was something new, mysterious. The patients were duly impressed and the suggestion which is always operative in every new method of treatment, particularly if it is complicated and elaborate, did the work. Now every patient knows electricity. They see it everywhere. And the suggestive element is therefore eliminated. And the results are therefore poorer. It is not rare to have patients tell you "But I hope you won't treat me with electricity. I have had too much of it. It didn't do me any good."

And so my opinion of electricity is not a very high one, though I do not deny its occasional usefulness. But I do not wish to be dogmatic. It is possible that the results reported by others have really been achieved in their hands, may be they are more competent—or more fortunate."

The prescriptions given in the above are obtainable at every good chemist

Homœopathic Treatment—Homœopathic remedies hold out a reasonable promise of hope to the sufferer of sexual debility. The treatment is cheap and is seldom followed by any evil reaction. There are numerous medicines for sexual troubles but the selection of the right medicine according to the history of the patient is a matter of experience. Therefore I describe briefly only a few remedies

that are very commonly employed in the treatment of sexual disorders.

Phosphoric acid—This remedy is chiefly meant for the young people. The *Materia Medica* describes it thus:

The patient has involuntary emissions during sleep, or after urinating or straining at stool; is greatly exhausted therefrom, and has vertigo, weakness of the back and limbs, mental torpidity, brain fogg, etc. The sexual powers are so weakened that erections are deficient; during an embrace emission takes place too soon, and after coition he is greatly exhausted, with symptoms as above stated, and burning in the spine. It is unquestionably the chief remedy in spermatorrhœa and sexual neurasthenia. It has also been used for swollen and tender testicles.

In all nervous diseases when urine is loaded with phosphates and there is generally aching in the small of the back. Frequently the hair turns gray early and falls out after the emotional causes above named It is the chief remedy in diabetes insipidus, and is unquestionably curative in diabetes Mellitus, as the experience of the author and many others abundantly testify Phosphoric acid has spinal anaemia from sexual excesses or onanism. It is also the chief remedy for the acne of the young people from onanism.

If your symptoms agree with those just described, obtain phosphoric acid in a low potency from a reliable homœopath, and take three doses a day at intervals of six hours. A dose should not cost more than half an anna.

Lycopodium—This is meant for people on the other side of forty. When sexual desire or the erectile power weakens, this medicine will bring about rejuvenation.

Obtain it in a high potency and take only one dose a day.

Tincture Avena Sativa—This is a general tonic for sexual and nervous debility, and may be used with advantage by any one suffering from lowered virility. Administered in hot water, it acts instantly, increasing sexual desire and potency. In curing the impotence of newly-married men, it has sometimes worked miracles.

The *Materia Medica* describes its action thus:

Acts directly upon the brain and through it effects the functions of nutrition, primarily increasing nerve force and stimulating the nutrition of the whole system. Its action is prompt and usually more permanent than that of other active stimulants. It is ordinarily used in material doses (two to thirty drops of the tincture) for the purpose of obtaining its primary effects when the nerve forces are exhausted. Nerve exhaustion in brain workers (brain fag) or from worry and anxiety—in such cases and in sexual neurasthenia its effects are sometimes marvellous. The latter may be due to excessive sexual indulgence or to onanism. Impotence following long continued sexual excesses. It has proved of great value in alcoholics who are nervous and sleepless and seem to be on the verge of delirium tremens, and it is one of the most important of the various remedies used in the treatment of alcoholism.

Now follows a brief description of the action of some other homœopathic medicines !

Excessive emissions on three or four consecutive nights weakening the patient greatly China 30.

Troublesome erections at night with furious emissions. Picric acid 30

Passive Losses during sleep followed by vertigo on rising in the morning, with oozings of the prostate fluid. Selenium 30

Bad effects of early masturbation, with chronic headache and weak digestion Nux Vomica 30

For old sinners who have passed most of their lives in excessive venery *Agnus Castus* 3 τ .

Long lasting abuse of the genital organs with great hypochondriasis *Zincum* 30

Loss of memory and nervous prostration attendant on seminal waste. *Anacardium* 6

Where dark rings about the eyes are very prominent Sallow complexion and sunken cheeks *Staphisagria* 3

Sexual debility with profuse night sweats

Calcarea carb 6

Externally, the homœopathic tincture of Musk, or of Echinacea may be used with advantage

Biochemic Treatment—The biochemical system of treatment consists in the administration of one or more of the twelve salts known as "tissue salts or tissue remedies". The idea is to make up the deficiency of that particular salt in the body which is considered to be the cause of disease

In all seminal troubles there usually occurs a deficiency of phosphorus and, if that is made up, matters resume a normal form. For this reason, the biochemical treatment of sexual debility consists in the administration of phosphates. The leading symptoms for them are the following —

Ferrum Phosphate—Seminal weakness associated with excessive discharge of urine or bed wetting

Natrum Phosphate—Excessive night discharges, thinness of semen, low retentive power, or spermatorrhœa associated with acidity and dyspepsia (As a routine measure, this medicine is very commonly used for curing seminal weakness)

Kali Phosphate—Extreme sexual debility accompanied by great nervous prostration and foul condition of blood

An ounce of the selected salt, obtained from a homœopath, and used in 5 grain doses thrice daily for two or three weeks, forms a harmless, cheap and reliable form of treatment for seminal diseases.

Ayurvedic Treatment—In *Ayurveda*, there are thousands of medicinal preparations—Bhasmas, Rasas, Vatakas, Churnas, etc.—for sexual disorders. Out of these, the following few prescriptions have been selected to meet the requirements of an average patient. Every one of these prescriptions can be prepared at home by a layman at very little cost and labour and, in view of the harmless nature of their ingredients, any prescription may be used without the consultation of a physician. In fact, most of the vegetable products entering into the composition of these preparations are nothing else but nutritive foods, and so they are never followed by any evil reaction. I am frankly of opinion that, in ordinary sexual disorders, the use of any one of the following prescriptions is decidedly better than that of advertised drugs.

When excessive night discharges are due to irritation of nerves or too much heat in the body, take

(1) Six mashas of the mucilagenous shell of *Isapgool* with sherbet or cow's milk, morning and evening

or (2) Mix 3 mashas of *Talmakhana* with 3 mashas of the shell of *Isapgool* to make a

dose. Take two such doses daily, one in the morning and the other in the evening, with cow's milk.

- or (3) Take one tea-spoonful of powdered *Salep* and a table-spoonful of the shell of *Isap-gool*. Boil them together in a cup of milk to make a sort of jelly. Add sugar to taste. Take the jelly in the morning on an empty stomach and a similar quantity in the afternoon.

For excessive night pollutions, thinness of semen, low relentive and low erectile power:—

- (1) Dry the fruit of *Bar* (banyan tree) in shade. Powder it. Soak it in banyan tree milk. Dry it again. Take 2 mashas of the powder, morning and evening, with water or milk.
- or (2) Take equal parts of *Musli sused*, *Gokhru*, *Talmakhana*, *Beej Bund*, *Kavach* and cardamoms. Powder each and mix. Add an equal quantity of *stradeshi* sugar. Take one tola of this powder, morning and evening, with cow's milk.
- or (3) Boil the leaves of banyan tree in water for 6 hours. Crush the leaves. Boil again for 2 hours. Strain the liquid. Heat it over a gentle fire until a jelly-like mass is formed. Add a third part each of *silajit*, *Asvagandh* and cardamoms. Make into pills of the size of a pea. Take one or two pills, morning and evening, with cow's milk. I name these pills "Baniano-Herbal pills".

- or (4) Let drop 5 drops of fresh banyan-tree milk on a piece of sugarcandy. Take it morning and evening.
- or (5) Soak in water for seven days 40 seeds of the tamarind. Then remove the thick pericarp of the seeds and take the kernel. Also take 10 tolas of the seeds of *kavach* and blanch them by boiling them in a seer of milk. Pound these blanched seeds along with the kernel of tamarind seeds and reduce them into a pulp. Fry the pulp in ghee over a slow fire until it turns brown. Remove the mass and add to it an equal quantity of *Swadeshi* sugar, some pistachio and blanched almonds. Divide the mass into small balls of one *tola** each and keep the latter steeped in honey. Take one ball in the morning and one in the afternoon.

The vegetable products mentioned above are obtainable in the market in most parts of India. To help my readers obtain them without any trouble, I give below their names in different vernaculars.

Bar—(E)† Banyan ; tree (M) Vata-vriksha ; (TE) Marichethi ; (TM & C) Alamaram ; (BR) Pyinyoung, (BE) Bargat.

Isapgool—(E) Spogel seeds; *Isapgool* in all other vernaculars.

* A Tola=12 Mashas==one rupee coin in weight.

† E Stands for English, M for Marathi, TE for Telugu; TM for Tamil, C for Canarese, G for Gujarati, BE Bengali, BR for Burmese, ML for Malayali.

Talmakkana—(M) Kalsundra ; (G) Ekkaro ;
 (BE) Kanta Kolik ; (TM) Neerumulli ; (C) Ma-
 layalika ; (ML) Vayal Chuttu ; (T) Neeru gobbi
 (BR) Soopadan.

Salep—It is known as *Salabmisri* or *Salamisri* in almost all the vernaculars.

Musli Sufed—(M & G) Musli sufed ; (TE) Tsai logaddo ; (TM) Tannirvitang ; (ML) Shede-veli.

Gokhru—(E) Caltrops ; (M) Lahan Gokhru ; (TE) Palleru-mulu ; (TM) Cheruneriche ; (C) Negi Mullu ; (ML) Nerungli.

Beej Bund—(E) Country Mallow ; (BE) Barela ; (G) Janglimethi ; (TE) Chitumutti ; (TM) Mayer-manikhan ; (C) Kisangi

Kavach—(E) Cowhage ; (M) Ruhili , (BE) Al-kushi ; (TE) Pilladagu ; (TM) Poonaikkali ; (ML) Nayikuruma.

Asvagandh—(E) Vegetable Rennet ; (TE) Pan-nerugaddu ; (TM) Amukitta , (C) Amaki regada ; (ML) Amukiram ; (M) Kakana;

Miscellaneous Prescriptions

*For hardening the glans**

Dissolve one part of tannic acid in ten parts of 90% alcohol. Apply to the glans and leave it there for a few minutes. Afterwards wash with rectified spirit and dust over with a powder composed of boracic acid (1 part) and kaolin (3 parts).

Another lotion has recently been recommended by Dr Marie Stopes in her book 'Enduring Passion' as follows:

"Until medical practitioners take up the subject and publish something better, I offer the following advice to men whose ejaculations are uncontrollably hasty. Daily to retract the foreskin to the fullest extent and wash directly with soap and cold water, rinse and then dab on the special lotion with a little piece of cotton wool, and leaving the glans wet with the lotion, draw the foreskin gently over the glans again. The special lotion contains ingredients purchasable at any chemist, and I should advise the man to make it up for himself as follows —

1 fluid oz Listerine
20 drops Tincture of Benzoin
1 oz Powdered Alum
 $\frac{1}{2}$ oz Boracic Acid Crystals

Dissolve the Alum and Boracic acid together in 8 oz of hot water. When cold add the fluid ounce of Listerine and 20 drops of Benzoin and shake. Apply cold.

For contracting the relaxed vagina

If the vagina has got abnormally relaxed on account of repeated pregnancies or some disease, it can be contracted and brought to a virginal condition in the following manner:

Take equal parts by weight of alum, gall nuts, catechu, and dried pomegranate skin. Powder each separately and mix. Tie one teaspoonful of this powder in a piece of muslin, introduce it into the vagina and keep it there for 6 to 12 hours. Even a single application gives satisfactory results.

— FINIS —

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